



## BIG APPLE CRUNCH 2019

Thank you for participating in the Big Apple Crunch!  
Below is an apple activity to incorporate into the healthy fun!

## HOW TO MAKE APPLESAUCE

### RULES

**MUST** use New York grown apples

**MUST** use two types of apples

Only use **THREE** ingredients

### SUGGESTED INGREDIENTS

Apples  
Water  
Cinnamon  
Sugar

### SUGGESTED RECIPE

4 Apples  
 $\frac{3}{4}$  Cup of Water  
 $\frac{1}{4}$  Cup of Sugar  
 $\frac{1}{2}$  Teaspoon of Cinnamon

### DIRECTIONS

1. Prep the apples: peel, core, and chop
2. Measure other ingredients
3. Place all ingredients into a pan/pot
4. Cover the pan and cook for 20 minutes
5. Let cool then divide and mash with fork
6. ENJOY
7. Post your experience on social media **#BigAppleCrunch** for a chance to win **\$1,000** for a Victory Garden at your school! Winner will be featured on the FarmOn! Website!

