



BIG APPLE CRUNCH 2022

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!

