



BIG APPLE CRUNCH 2023

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!

