



# Ashley's Meal Prep Monday!



## Applesauce

### INGREDIENTS

10 apples - I used Honeycrisp but you could use a mix of Granny Smith or Gala too  
1 ½ TSP cinnamon  
½ cup water  
⅓ cup honey

Peel and core all of the apples, chopping them into fourths. I suppose you could leave the peel if that's what you're into. Add to instant pot, and add honey, water and cinnamon on top. I gave mine a good stir before attaching the lid.

Press manual pressure and set the instant pot to 6 minutes. Once the time is up, let it naturally release. This is about a 15-ish minute process.

Open the lid and use an immersion blender to make it smooth. You could also just stir it up and have it slightly chunky too!

It tastes like pie filling and is delicious while still warm. Keep in an airtight container in the fridge and enjoy!

