

Apples for the Family

Servings and Serving Size Dependent upon Age of Child

1–2 tablespoons for a 6–9 month old child, puree consistency

3–4 tablespoons for a 9–12 month old child, puree consistency, or diced

 **Look for Local:** Suggested varieties to use with this recipe are Gala, Rome, Braeburn or Macintosh.

Nutrition information

Per 1/2 cup

70 calories

Total Fat	0 g
Saturated Fat	0 g
Protein	0 g
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sodium	0 mg

Ingredient

- 1 medium apple

Directions

This recipe is written so that apple puree, applesauce or cooked apples can be made.

1. Peel, core and cut 1 apple into slices or chunks.
2. Place slices or chunks into a pan with just enough water to slightly cover the apple pieces.
3. Boil until tender. Be sure to stir and check the water level often.

Based on the age of the child, continue by following the appropriate process:

For a puree consistency: Mash apple with a potato masher or the back of a spoon to achieve a smooth applesauce texture. Use a little of the leftover water to thin out the apples, if necessary. Place the apples into a blender and blend to achieve a smooth, thin puree. Cool before offering to the child.

For sauce: Apples may be mashed with a potato masher to achieve a smooth applesauce consistency. Add water if necessary. Cool before offering to the child.

For diced, cooked apples: Cut the slices or chunks into desired size. Cool before offering to the child.



MOVE MORE



Be Active with Baby

Let your baby see that moving more can be fun! Place your baby in a high chair or stroller and do leg lunges facing your baby. Each time you lunge forward, tell your baby you love them, blow them a kiss, or say, “Hello” and their name. Count your lunges out loud. Your baby is watching, listening and learning.

