

# Planting Tomorrow's Radio Show

Find more recipes at [PlantingTomorrows.com](http://PlantingTomorrows.com)

## "A" is for Applesauce

### Ingredients

- Apples
- Knife (adults only)
- Plastic knives (for kids)
- Paper plates
- Microwave-safe bowl
- Mixing Spoon
- Cinnamon
- Honey
- Measuring spoons
- Potato mashers

### The fun begins:

1. Ask the kids to wash the apples.
2. Peel, core and slice the apples (adults only).
3. Place the apple slices on plates and ask the kids to cut them into small pieces using the plastic knives (make sure the kids have washed their hands well through all stages of the activity).
4. Put the small pieces into the bowl and place in the microwave. Remove the bowl from the microwave every two minutes to stir.
6. The second time, after stirring, ask the kids to pour some honey and cinnamon into the bowl, start with a teaspoon of cinnamon and a tablespoon of honey, then add as needed during the stirring process. The amount you add will depend on the amount of apples you use and your taste.
7. Once the apples are mushy, show the kids how to use potato mashers to mash it up more
8. Serve the applesauce on top of favorite foods, such as pancakes, waffles, yogurt, ice cream

### Keep the giggles going by reading:

*Johnny Appleseed* by Reeve Lindbergh  
(featured book on our Sept. 4 Planting Tomorrows show)  
*My Maple Tree* by Harriet Ziefert  
*Ten Apples Up on Top!* by Theo LeStieg