



Ginger-Honey Applesauce

makes about 4 cups

- 1/2 teaspoon (total) ground nutmeg, cinnamon or cardamom, or a combination
- 1 tablespoon freshly grated ginger
- 1/3 cup raw wildflower honey
- 1/2 cup apple cider
- 3 pounds assorted fall apples (substitute a few pears if you like)
- pinch sea salt
- 2 tablespoons calvados, optional

Peel, core and roughly chop apples. Toss with a little lemon juice so they don't discolor.

Combine apples with remaining ingredients in a medium saucepan and cook over medium-low heat until they are soft and beginning to break down, about 20 minutes.

Remove from heat and mash with a potato masher to achieve desired consistency.

Eat warm, at room temperature or cold. Store covered in the refrigerator.