

# Pressure Cooker Applesauce

Author: Dora Siah

Serves: 1 quart/ 1 Litre

## Ingredients

- 12 medium apples, cored and diced (peeled if preferred)
- Scant ½ cup apple juice/non-alcoholic cider or water

## Instructions

1. Place the apples in the inner pot of the Instant Pot
2. Add in the apple juice or water
3. Cut a circle of parchment paper large enough to fit just nicely within the inner pot and place it over the apples
4. Cover the lid and set the pressure valve to 'Sealing'
5. Press 'Manual' setting and adjust cooking time to 10 minutes
6. Once cooking time is over, release the pressure naturally
7. Uncover and discard the parchment paper circle
8. Blend until smooth with a hand-held immersion blender or use a food mill

## Notes

The applesauce will taste sweeter if apple juice/ non-alcoholic cider is used