

PRACTICING PRESSURE QR/NR
NO RACK

APPLE SAUCE



APPROX TIME: 20 MINUTES

INGREDIENTS

6 apples cut sliced
Cinnamon

DIRECTIONS

- Plug in machine – LED screen will read OFF
- Add 1 cup water (2 cups for 8qt)
- Place apple slices directly into water (or you can use a steamer basket)
- Close and lock lid (make sure sealing ring is in place)
- Set to Sealing
- Use pressure button.
- Use + or – buttons to change the cook time 10 to minutes
- Wait 10 seconds or press start and then cooking will commence
- When cooking is finished and screen says “0:00”,
- **Natural Release** pressure for 3 minutes (do nothing)
- Then **Quick Release** any remaining steam
- When all the steam is released and your float is down, remove the lid (face it away from you)
- Place apples in a bowl (SAVE the water*).
- Mash or use an immersion blender. Then spice it up with a dash of cinnamon.
- Turn off machine by pressing “Cancel” button

***I like to use the left over 'apple juice' from the water for cooking or sweetening smoothies. I sometimes drink it straight or with a little sparkling water.**