

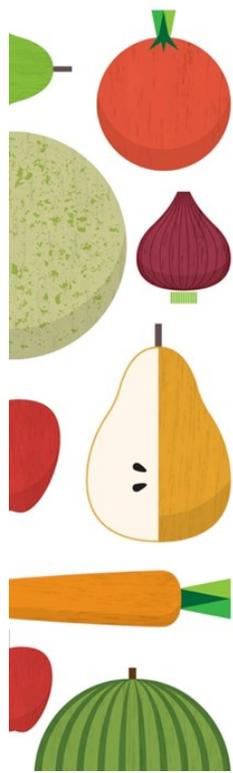
CROCKPOT APPLESAUCE

MAKES: 6 servings (3/4 cup each)

INGREDIENTS

- 3 lbs apples, cored, unpeeled, cut in quarters
- 3/4 cup water
- 3 teaspoons ground cinnamon

***If apples are tart, add 1 Tablespoon of sugar such as white sugar, brown sugar, honey, or maple syrup. If the apples are already sweet, do not add any sugar.**



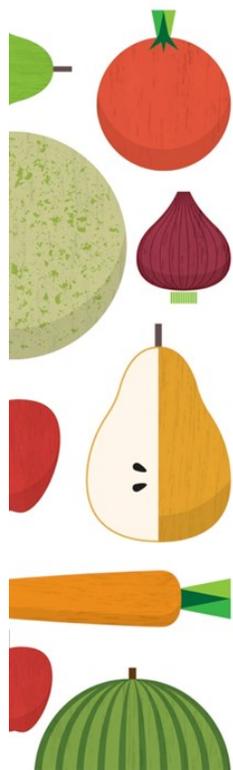
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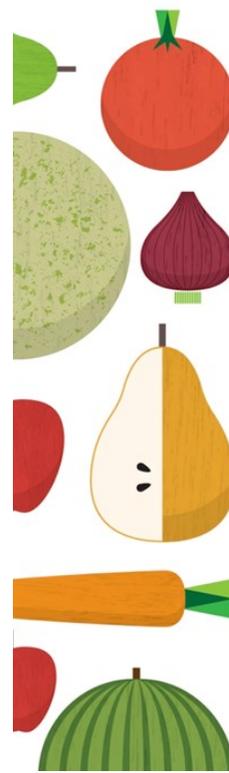
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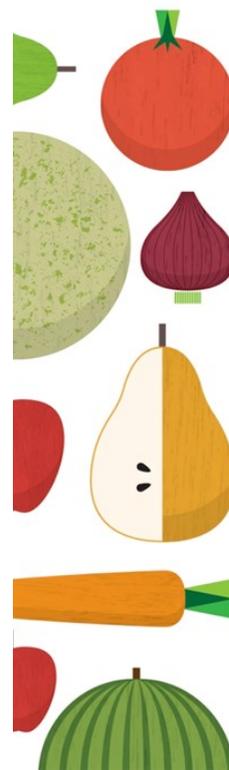
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DIRECTIONS

Add all ingredients to the slow cooker (or crockpot) and cook on low for 6 to 8 hours. If you like chunky applesauce, use a potato masher or a wooden spoon to mash the apples to the desired consistency. To get a smooth consistency, put applesauce in a blender or use an immersion blender to get a thinner, smoother texture. Serve hot or cold.

HEALTHY TIPS

Serve applesauce as a:

- Sauce for pork, and chicken
- Stir-in for your yogurt
- Topping for your pancakes and waffles
- Side dish for any meal
- Healthy snack

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