

Slow Cooker Cinnamon Applesauce

8 SERVINGS 4 HOURS



INGREDIENTS

12 Apple (large, cored and diced)
4 servings Cinnamon Stick
1/2 Lemon (juiced)
1 cup Water

DIRECTIONS

- 01 Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
- 02 Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
- 03 Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

NOTES

STORAGE

Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

LEAVE IT CHUNKY

Skip Step 2. You may want to peel your apples before cooking.

EXTRA TOPPINGS

Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

LESS SUGAR

Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.



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