

Home Made Apple Sauce



Ingredients

4-6 Apples – firm cooking apples are best.
2 TBSP Cinnamon
¼ tsp Nutmeg
¾ Cup Equal

Preparation

- Peel and core apples and place in medium sauce pan.
- Add Cinnamon, Nutmeg, Equal
- Cover with plastic and microwave for 10 minutes.
- Mash with potato masher, leave chunky.
- Serve hot, or refrigerate.

Nutritional Value per ½ cup serving

Calories: 15
Protein: 0g
Carbs: 12g
Fiber: 4g
Sugars: 2g
Fat: 0g
Sodium: 0g