

Eat Well Recipe

Chunky Crock Pot Applesauce

10 Gala apples cored and diced

½ Cup water

½ Cup sugar

Ground cinnamon to taste

Combine apples and water in crock pot. Cover and cook on low for 4-6 hours. Mash soft apples with a potato masher and stir in sugar; cook for 30 more minutes. Sprinkle with cinnamon and serve.

This recipe is provided by SHS Wellness Programs.
All of our recipes can be found online at www.uvu.edu/wellnessed

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