



Slow-Cooker Cinnamon Applesauce



1/8th of recipe (about 1/2 cup): 64 calories, <0.5g total fat (0g sat. fat), 73mg sodium, 19.5g carbs, 2g fiber, 11g sugars, <0.5g protein

Prep: 10 minutes **Cook:** 2 1/2 hours

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Ingredients

4 cups peeled and sliced Fuji apples (about 4 medium apples)
4 cups peeled and sliced Granny Smith apples (about 4 medium apples)
2 tbsp. cornstarch
2 tbsp. Truvia spoonable calorie-free sweetener (or another natural brand that's about twice as sweet as sugar)
2 tsp. lemon juice
2 tsp. cinnamon
1 tsp. vanilla extract
1/4 tsp. salt
1/8 tsp. ground nutmeg

Directions

Place apples in a slow cooker sprayed with nonstick spray.

In a medium bowl, combine cornstarch with 3/4 cup water. Whisk to dissolve. Add all remaining ingredients. Whisk well.

Pour cornstarch mixture over apples, and stir to coat.

Cover and cook on high for 2 1/2 hours, or until apples have completely softened and liquid has thickened.

Thoroughly mash and mix.

MAKES 8 SERVINGS

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