

Crock Pot Applesauce: No Sugar Added

Ingredients

- 6 cups apples, peeled, cut in bit size pieces
- 1 cup water
- 1 Tbsp cinnamon, or to taste
- Nutmeg to taste

Directions

Combine all ingredients into slow cooker and cook on high 4-5 hours or until apples are soft. Remove cinnamon stick and discard. Pulse mixture in food processor until desired consistency is reached. (or serve in bitsize pieces as a chunkier applesauce) Taste and add optional ingredients if needed. Makes about 3.5 cups. Allow to cool to room temperature. Enjoy chilled!

Nutrition Info

Servings: 6* Calories per serving: 65* Fat: 0g* Cholesterol: 0mg* Sodium: 1mg* Carbs: 17g* Fiber: 3g* Sugars: 13g* Protein: 0g* Points+: 2*

**** If serving as a component for snack be sure to increase ingredient amounts to serve 1/4c. of applesauce to each child + extras)