

Crock pot applesauce By Gordon Hartwig on Wednesday, September 10, 2014 at 4:22pm

Servings: 12 • Size: 1/4 cup • Calories: 65.9 • Fat: 0.2 g • Protein: 0.2 g • Carb: 17.5 g • Fiber: 2.8 g • Sugar: 12 Sodium: 0.6 mg

Ingredients:

8 medium apples (Use a combination of Golden Delicious, Honey Crisp, Fuji, Gala, etc.)

- 1 strips of lemon peel - use a vegetable peeler
- 1 tsp fresh lemon juice
- 3 inch cinnamon stick or 1 tsp ground cinnamon
- 5 tsp light brown sugar (unpacked) - or agave

Directions:

Peel, core, and slice the apples.

Place them in the slow cooker.

Add the cinnamon stick, lemon peel and brown sugar.

Set crock pot to low and cook for 6 hours. Stir apples occasionally, apples will slowly become a delicious applesauce. Around 4 hours taste test for flavor. Spice more if you want or add more sugar if you used real tart apples. At 6 hours Remove cinnamon stick and use a potato masher for chunky sauce or use an immersion blender to blend until smooth. 10 min. water bath for canning.