

Ginger Applesauce

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Servings: 8

4 pounds apples, peeled and cubed

1/4 cup water

2 tablespoons brown sugar

2 teaspoons ground cinnamon

2 teaspoons fresh ginger, minced

2 teaspoons vanilla extract

In a slow cooker on LOW heat, cook the apples, water, brown sugar, cinnamon, ginger and vanilla extract until the apples are tender, four to five hours.

Mash if desired.

Per Serving (excluding unknown items): 137 Calories; 1g Fat (4.6% calories from fat); trace Protein; 35g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 2 Fruit; 0 Fat; 0 Other Carbohydrates.