
Apple Syrup

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 cup apple juice

2 sticks cinnamon, broken into pieces

12 whole cloves

1/2 cup sugar

2 tablespoons light Karo syrup

In a saucepan, combine the juice, cinnamon and cloves. Cover and simmer for 10 minutes. Strain. (This should yield about 3/4 cup of juice.

In a saucepan, combine the juice, sugar and Karo syrup. Bring to a boil. Boil briskly for 4 to 6 minutes.

Serve warm on pancakes.

Yield: 1 to 1-1/2 cups

Condiments, Sauces

Per Serving (excluding unknown items): 910 Calories; 17g Fat (14.2% calories from fat); 5g Protein; 219g Carbohydrate; 35g Dietary Fiber; 0mg Cholesterol; 254mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Fruit; 3 Fat; 9 Other Carbohydrates.