

# Applesauce



There are some things we should never buy in a supermarket and applesauce is on of them. As a healthy sugar-free snack or used as a replacer for eggs, this applesauce is sure to please. This is better than any store bought applesauce you will ever taste, guaranteed.

## Ingredients

8 apples\* peeled and cored

1 cup water

1 Tbsp cinnamon (optional)

## Directions

Slice the apples very thin and place in a slow cooker. Add water and cinnamon (optional). Place in a slow cooker for 5 hours on high heat. After 5 hours, use a potato masher for a chunky version or use an immersion blender like I used, for a softer applesauce. Enjoy!!

\* I used organic gala apples.