

## Applesauce

Servings per recipe: 1  
Serving counts as 1 fruit

### Ingredients

- 1 apple
- 3 Tbsp water
- cinnamon (optional)

### Directions

1. Peel, core, and dice apple.
2. Place diced apple in mini-crock pot and add water.
3. Add cinnamon.
4. Cook at least two hours.
5. When finished, mash with spoon or fork, or place in blender to reach desired consistency.
6. Serve warm or refrigerate and serve cold.

