## **Applesauce with Cinnamon**

## Ingredients

- 1 apple
- ½ teaspoon cinnamon
- Pinch of nutmeg
- Powdered Stevia to taste

## Directions

- 1. Peel and puree apple in a food processor.
- 2. Add in cinnamon and Stevia to taste.
- 3. Serve chilled.



Makes 1 serving

0.5 gram protein

(1 fruit)

0 fat 95 calories





call email web (416) 477 - 1345 info@HCGDIETCANADA.com www.HCGDIETCANADA.com