

Recipix

Your food coach



Apple Butter I

Tailored for Ivan

INGREDIENTS

8 apples - peeled

- * cored and chopped
- * 4 cups white sugar
- * 4 teaspoons ground cinnamon
- * 1/4 teaspoon ground cloves
- * 1/4 teaspoon salt

INSTRUCTIONS

Fill a slow cooker with diced apples, sugar, cinnamon, cloves and salt. Cover, and cook on high for 1 hour. Reduce heat. Simmer, stirring occasionally, for 12 hours, or until thick and dark golden in color.

Pack into small, freezer-safe containers leaving 3/4 inch space at the top. Store in the freezer.

OTHER RECIPES

Other Recipes:

Recipe 2: Easy Apple Avocado Salad

Recipe 3: Apple Crisp

Recipe based on the ingredients:[" 'apple", " 'avocado", " 'beans", " 'broccoli", " 'cabbage", " 'cantaloupe", " 'eggs", " 'grape fruit