
Ingredients:

6 apples, cored and sliced
1/2 cup unsweetened apple juice
1/2 cup water
cinnamon or cloves to taste

Directions:

1. Wash hands with soap and warm water. Wash fresh fruits before preparing.
2. In a medium saucepan, simmer apples in apple juice and water until they are soft.
3. Remove contents from pan and place into blender container.
4. Cover blender container with lid and blend until smooth.
5. Add cinnamon or cloves to taste.
6. Return mixture to saucepan and cook slowly for another 30 minutes.
7. Use as a spread for bread or toast.

Nutrition Facts (Per Serving)

Calories, 91; Carbohydrate, 25 g; Protein, 0 g; Total Fat, 0 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber 5 g; Total Sugars, 18 g; Sodium, 0 mg; Calcium, 5 mg; Folate, 0 mcg; Iron, 0 mg; Percent of Calories from Fat, 0%.

Makes 6 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.