

Fruit Recipe

Slow Cooker

Sunshine Applesauce



Ingredients:	Approx. Cost*
9 or 10 apples, peeled, cored and sliced	\$2.99
½ cup water	\$
½ - ¾ cup sugar, depending on sweetness of apples	\$.35
Juice of ½ a lemon	\$.50
½ teaspoon cinnamon	\$.25**
Total:	\$4.09

of servings: 6 1-cup servings. **Cost per serving: \$.68**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Place all ingredients in a slow cooker and cook on low for 5 hours. Stir And serve. Refrigerate leftovers.

Nutritional Information per 1 cup serving

Calories	169
Total Fat	0.3 g
Saturated Fat	0 g
% of daily total	0 %
Carbohydrates	45 g
Protein	0.6 g
Fiber	3 g

	% of daily total	
Vit A	0.5	%
Vit C:	13	%
Calcium:	1.5	%
Iron	1.5	%
Good source of*	Vitamin C,	
*(10% or more of the RDA)		

based on 2000 calorie diet

