

Applesauce with Cranberries

Serves : 12

Serving Size: about ½ cup

6 large Granny Smith Apples, peeled and cored
1 cup fresh cranberries
2/3 cup water
2 tsp ground cinnamon
1 tsp ground nutmeg
¼ tsp ground cloves
½ cup *Splenda or other sugar substitute to taste



Directions:

1. Place apples, cranberries and water into a large pot.
2. Bring to a slow simmer, and simmer for 30 minutes, or until apples are soft.
3. Using a strainer, push fruit mixture through.
4. Add cinnamon, nutmeg, cloves, and Splenda, and stir well.
5. Chill and serve.

*Add more sugar substitute to make it sweeter if desired.

Per serving; 60 calories, 0 g protein, 0 g fat, 0mg cholesterol, 16 g carbohydrate, 2 g fiber, 11g sugar, 0 mg sodium

%Daily Value: Vitamin A 0%, Vitamin C 10%, Calcium 2%, Iron 0%

