



CHUNKY APPLESAUCE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

Often our clients send us recipes they have tried or created to share with all our clientele. This recipe was sent it by Ryland - one of our Genesis clients. He said it is one of the best applesauce recipes he has ever tasted. Homemade applesauce is not that difficult and tastes so much better than jarred products in the store. Ryland's recommendation is to purchase an apple peeler and corer (Amazon) so you can make a large batch to freeze and share with family and friends as gifts. This recipe is great for maintenance and for special occasions. It can't be considered a fruit on your weight loss plan, because the peeling is gone, which provides fiber that slows down blood sugar spikes. It sounds like a great side dish to your holiday table!

Makes 10-12 servings.



INGREDIENTS

- 1 Peck of Granny Smith apples (10-12 lbs.)
- 5 Tbsp Swerve, or to taste (can use part Swerve Brown)
- 1-1/2 tsp of cinnamon, or to taste



INSTRUCTIONS

Peel, core, quarter and slice apples. Put into an 8-quart stock pot with at least a half-cup of water. Cover and cook on medium-low heat until they start to heat up. Then turn down to low and continue to cook, covered, until apples are soft, stirring fairly often to keep from sticking (may need to add a little more water).

When done, use a potato masher to make chunky applesauce. Add Swerve and cinnamon to taste and mix well. Let cook before putting into one-pint freezer containers. Yields about seven (7) pints of applesauce.