

# #10

## Overnight Crockpot Applesauce "Rise & Shine" 1996 Workshop

6 apples

¼ cup sugar (more or less to taste)

2 Tbsp. water

Cinnamon, if desired

Peel apples and cut into quarters. Remove core. Toss apples with a little lemon juice to prevent browning. Place apples in crockpot. Pour sugar, water and cinnamon over apples.

Cover and cook on low for 8-10 hours (or overnight). Good as a topping for pancakes, as well as served warm or chilled in small bowls.

Credit as: ½ cup = fruit serving for breakfast or snack. At least 1/8 cup = one fruit serving for lunch/dinner. ½ cup needed for full fruit serving for breakfast or snack.