

CINNAMON-SPICED APPLE SAUCE

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Photo: Love+Craft Kitchen

Easy to make, no added sugar, warm, fragrant spices!

This fresh fruit sauce is delicious as a snack or dessert, and also when paired with entrees. Honeycrisp apples work well, but feel free to choose any favorite variety or combination.

For flavor variations, use equal parts fresh apples and pears, and/or add ¼ cup dried cranberries after mashing the apples and allow them to steep in the sauce in the covered pan for at least 20 minutes prior to serving.

Makes approximately 2 cups sauce

INGREDIENTS

4 cups apples, large diced (approximately 3 large Honeycrisp, or other favorite)
1/3 cup fresh apple cider
½ teaspoon cinnamon
¼ teaspoon ground ginger
1/8 teaspoon allspice
1/8 teaspoon nutmeg
1 tablespoon lemon juice

DIRECTIONS

1. In medium-sized saucepan, place the diced apples, cider, ginger, allspice, cinnamon, nutmeg and lemon juice. Stir to coat apples with spices. Cover pan and bring to simmer over medium heat, then reduce heat to low. Continue to simmer for approximately 15 - 20 minutes, stirring occasionally, until the apples are very soft and starting to fall apart, and the liquid is slightly syrupy.
2. Remove from heat. Using a potato masher or the back of a wooden spoon, gently mash the apples, leaving some a bit chunky. Mixture will thicken to a sauce-like consistency.
3. If serving immediately, allow to cool slightly. If serving later, allow to cool completely, then transfer to a storage container, cover and refrigerate for up to 5 days.