



# Cinnamon Applesauce

*Favorite Healthy Choice Recipe of the Detroit Red Wings*

## INGREDIENTS:

As little as 5 whole ingredients

- **10 unpeeled apples, cored and chopped**
- **2 cinnamon sticks**
- **1 tsp cinnamon**
- **Juice from one lemon**
- **¼ tsp ground cloves**



## DIRECTIONS:

1. Combine all the ingredients in a large pot and bring the mixture to a boil.
2. Reduce the heat and simmer until the apples are soft.
3. Mash to your desired consistency.

This applesauce can be served warm, chilled or at room temperature.

Store in the refrigerator for up to 10 days.

### NUTRITION FACTS: Serves 12 | Serving size .5 cups | Calories 89

% Daily Value \* | **Total Fat** 0g (0%), Saturated Fat 0% | **Cholesterol** 0mg (0%) | **Sodium** 0mg (0%) | **Total Carbohydrate** 24.4g (9%), Dietary Fiber 5.6g (20%), Total Sugars 18.6g | **Protein** 0.1g | Vitamin D 0mcg (0%) | Calcium 24mg (2%) | Iron 0mg (3%) | Potassium 8mg (0%)

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

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