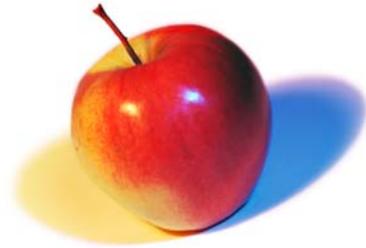


HEALTHY RECIPE: Cinnamon - Maple Applesauce

Use any apple variety or a combination of them. Example, Granny Smith for tartness or Rome for sweetness. Serve with roast pork or chicken, or atop French toast or waffles.

1 cup maple syrup
½ cup water
8 cups chopped peeled apples
(about 8 medium apples)
½ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg



Combine syrup and ½ cup water in a Dutch oven; bring to a boil. Add apples, cinnamon, and nutmeg; cover and cook over medium-low heat 25 minutes or until tender. Mash apples with a potato masher. Cook, uncovered, 20 minutes or until most of liquid evaporates. Serve warm or chilled.

Yield: 8 servings (serving size: ½ cup)

Calories: 166 (2 per cent from fat), Fat 0.3g (sat 0g. mono 0g. poly 0.1g) Protein 0.4g, Carbohydrates 43.3g, Fiber 1.8g, Cholesterol 0mg, Iron 0.6mg, Sodium 4mg, Calc 35mg.

Recipe found in "Cooking Light", March 2008 pg 122