

Week 4: Cinnamon Apple Sauce

Get a skillet hot. Add to the skillet:

3 apples, chopped

2 TBS water

Cook down in a skillet with the lid on.

The apples should be getting soft.

Add to the skillet:

1 TBS coconut oil

Stir apple and oil until the apples are coated.

Cook for 5 minutes, stirring every minute.

The apples should be getting even softer.

Add to the skillet:

1 TBS maple syrup

½ Tsp cinnamon

1/8 Tsp sea salt

¼ Tsp vanilla

Give it a good stir.

Cook for another 5 minutes, stirring every minute.

The apples should be very soft.

Dish up and enjoy. Ice cream would be great!