

Apple Butter

Serving Size: 1 TBSP

Makes 36 servings or 2 ¼ cups

Ingredients:

3 lbs.	Granny Smith Apples
2 tsp	Ground Cinnamon
1 tsp	Ginger, Minced
½ tsp	Cloves, Ground
½ cup	Water

Preparation:

1. Core and peel Granny Smith apples.
2. Steam apples for about 8 minutes or until very soft.
3. Puree softened apples in a blender with cinnamon, ginger, cloves, and water until smooth.
4. Place apple mixture in a pot and simmer on medium, stirring frequently, until very thick and medium brown, about an hour.

NUTRITION FACTS PER SERVING

calories	20
total fat (g)	0
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	0
total carbohydrate (g)	5
dietary fiber (g)	1
sugar (g)	4
protein (g)	0

CHEF NOTE: spread on toast or bagels, mix into oatmeal, top a parfait or pancake, or make FLIK apple butter oatmeal bars.

Keep refrigerated and use within a month.



RD APPROVED



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