

# Apple Butter

Portion Size: 1 TBSP

Yield: 18

## Ingredients:

Granny Smith Apples	1 ½ pound
Cinnamon, ground	1 tsp
Fresh Ginger, minced	½ tsp
Cloves, ground	¼ tsp
Water	¼ cup

## 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. Simmer apple mixture for about an hour, stirring frequently, until very thick and medium brown.

CHEF TIP: steam easily in the microwave – quarter peeled apples, place in a microwave safe dish, add a small amount of water, microwave for 1-2 minutes or until very soft

RD TIP: spread on whole grain crackers or whole wheat toast

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
20	0	5	1	4	0	0	0



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