

Sugar-Free Apple Butter – Makes approx. 20oz

<https://www.eminencenutrition.com/sugar-free-apple-butter>



Ingredients

- 12 Medium apples (I used honey crisp)
- 1-2 tsp. Cinnamon
- ¼ tsp. Nutmeg
- ¼ tsp. Ground cloves
- ¼ tsp. All spice

*The spice measurements are guides, you can use more or less if you desire, or none at all to have a basic apple butter.

Directions

1. Peel, core and slice apples and add to slow cooker with the lid on.
 - a. Important to peel the skin off the apples because if you don't the skin becomes hard slivers in the butter.... Trust me I know.
2. Cook the apples for 8-10 hours on low.
3. Use a hand blender to blend the apples to a smooth consistency.
 - a. If you don't have a hand blender, a smoothie blender will work just as good! If you don't have that either you can use a fork, but you will have a more chunky consistency.
4. Add the spices.
5. Turn the slow cooker heat to high and cook with the lid off until you have reached a consistency you like (approx. 1 hour).
 - a. To speed this process you can put your apple butter in a saucepan on the stove and cook on medium until you are content with the consistency (careful it'll splash).
6. Let cool then pour into a 20oz. Mason jar and store in the fridge.
7. Enjoy! 😊

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