

Instant Pot Applesauce

Servings: 8

RECIPE BOX

INGREDIENTS

8 MEDIUM RED APPLES (your choice, I love honey crisp for the extra sweetness)

1, 15-OZ CAN PUMPKIN PUREE

3 TBSP PURE MAPLE SYRUP

1-1/2 TSP PURE VANILLA EXTRACT

1-1/2 TSP GROUND CINNAMON

1 TSP PUMPKIN PIE SPICE

1/2 TSP GROUND GINGER

1/2 TSP GROUND NUTMEG

1/2 CUP WATER

TOPPINGS: chopped walnuts, sliced apples, coconut flakes



DIRECTIONS

STEP 1: Peel and cube apples, place in pressure cooker (or regular slow cooker)

STEP 2: Add remaining ingredients.

STEP 3: Cook for 40 minutes in pressure cooker or 4-6 hours using slow cooker. When apples can easily be mashed you are done.

STEP 4: Place mix into blender or food processor and process until it's as chunky or smooth as you wish.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 291, Fat 0g, Carbs 70g, Fiber 20g, Sugars 36g, Protein 6g

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