UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers’ Markets to make a luscious and nutrient-dense meal…quickly!

Apple Butter!

Ingredients:
1 dozen apples
1/4 Cup Brown Sugar
1 teaspoon Cinnamon
1/2 teaspoon All Spice
1/2 Cup Water

Preparation:
• Peel, core and chop the apples.
• Place the apples, brown sugar, cinnamon and all spice into a mixing bowl and toss together.
• Place the apple and spice mixture into the crockpot and add in the water.
• Cook on low for 8 hours, or until the apples are fully cooked down.
• Place your apple butter into a blender or food processor and blend until it is smooth.
• Enjoy!

More recipes from UofL Health Promotion Office:
www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat’s website has more recipes for fresh summer veggies and fruits:
www.junehealthandwellness.com