

## 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](http://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](http://www.junehealthandwellness.com)