

# No Sugar Slow Cooker Apple Butter

Oshkosh Community YMCA

This delicious, healthy and sugar-free apple butter is amazing slathered over toast or a slice of your favorite loaf, added to oatmeal or served as a dip for fresh fruit.

## **INGREDIENTS**

- 6–8 apples (or enough to fill your slow cooker)
- 2 tsp cinnamon
- 1/2 tsp nutmeg, optional

## **INSTRUCTIONS**

1. Wash, core, and chop the apples and add them to a slow cooker.
2. Add the cinnamon and nutmeg.
3. Cook on high for 2 hours then carefully scoop into a blender and blend until smooth. You may have to do this in batches. Be careful, as it will be very hot. Make sure you allow the steam to escape as you blend.
4. Add the blended apples back into the slow cooker and cook on low for 4-6 hours until thickened to your liking.
5. Either let the apple butter cool in the slow cooker or transfer to a container and let cool before storing. Just let it sit in the crockpot until completely cool then transfer it to a storage container and place in the fridge. It will thicken up a little more in the fridge.
6. Store in the fridge in a sealed container for up to 3 weeks.



## NOTES

If you'd like it to be a little sweeter, you can add 2-3 tbsp of maple syrup or coconut sugar when you add the cinnamon and nutmeg. Without added sugar, it is sweet but it can be a little bit tart depending on the type of apple you use.

## NUTRITION

- *serving size:* 3 tbsp
- *calories:* 57
- *fat:* 0 g
- *carbohydrates:* 15 g
- *fiber:* 3 g
- *protein:* 0.3 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.