



Slow Cooker Applesauce

Makes 16 ½ cup servings

- 5 pounds apples – peeled, cored and thinly sliced (cooking apples such as Jonathan or Cortland are good)
- 1 ½ TBS ground cinnamon
- ½ Tsp ground cloves
- ¼ Tsp ground nutmeg
- 1 TBS lemon juice (optional)

Directions:

1. Layer apples into a 6 quart slow cooker. Sprinkle cinnamon, cloves, and nutmeg over the apples.
2. Cook on Low until apples are soft, 4 to 5 hours (check after 4 hours).
3. Stir thoroughly. Slightly mash with fork if desired. For smoother applesauce, puree in blender or food processor.

Keeps up to a week in the refrigerator. Can be frozen in freezer containers for up to six months.

Optional – Serve warm or cold with dollop of yogurt.

Nutrients Per Serving:

76 calories	3.8 grams fiber
0.4 grams protein	0.3 gram fat
20.2 grams carbohydrate	2 mg sodium

Market Baskets Program: Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family's tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People's Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events.

