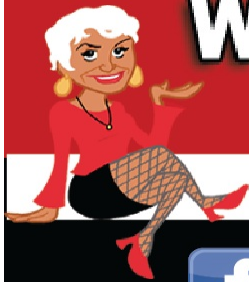


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CINNAMON STEWED APPLES

Basic Lifestyle

Ingredients

12 cups chopped, peeled Granny Smith apples (about 2 pounds)
1 cup brown Splenda
1/2 cup apple juice
2 TSP ground cinnamon
1/4 TSP ground nutmeg
1/4 TSP salt

Instructions

Combine all ingredients in a large, heavy saucepan. Cover and cook every medium-low heat 45 minutes or until apple is tender, stirring occasionally. Let stand 5 minutes.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/2 cup = 1 FR

Note: The sauce is somewhat thin just after cooking, but it will thicken upon standing.