

MAPLE APPLE BUTTER SAUCE

INGREDIENTS:

3 LARGE GRANNY SMITH APPLES

1 TBS WATER

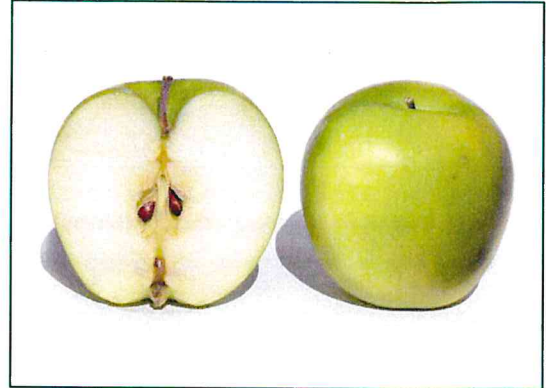
2 TBS MARGARINE

3 TBS SUGAR FREE MAPLE SYRUP

1 TSP CINNAMON

½ TSP OF NUTMEG

¼ CUP FINELY CHOPPED WALNUTS



DIRECTIONS:

PEEL, CORE AND CUT APPLES INTO SQUARES

ADD WATER

COVER AND COOK IN THE MICROWAVE FOR 6 MINUTES

DRAIN EXCESS WATER

SMASH UP APPLES

ADD MARGARINE, MAPLE SYRUP, CINNAMON, NUTMEG, AND CHOPPED WALNUTS

MIX TOGETHER AND MICROWAVE FOR 2 MINUTES

MIX AGAIN

SERVE HOT OR COLD

SERVING SUGGESTIONS: EAT ALONE, USE AS A TOPPING FOR A SWEET POTATO, SQUASH, PORK CHOP, ETC.

Serving size 3 TBS=8 g carbs