

Pumpkin Spiced Applesauce

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Prep Time: Approx. 15 Minutes

Cook Time: 20-25 Minutes

Ingredients

7-8 Apples

½ Cup of Apple Cider or Apple Juice

½ Cup of Water

1 Tablespoon of cinnamon

¼ Teaspoon of Pumpkin Pie Spice (or mix cloves, allspice and nutmeg)

1/3 Cup of Coconut Sugar

1 Tablespoon of Pumpkin Puree

Method

Peel, core and slice the apples. Place them in a pot and add the liquid, spices and coconut sugar. Cover and let simmer in the pot for 20-25 minutes. When your house is filled with an incredible aroma and your apples are soft, add the apples to a blender using a slotted spoon so the liquid remains in the pot. Blend the apples until smooth or slightly chunky. Stir in the pumpkin puree and you are ready to enjoy!

A little squeeze of lemon juice will help preserve the applesauce. Be sure to store in an airtight container in the fridge.