



APPLE CINNAMON BUTTER

INGREDIENTS

- 9 organic Gala/Fuji apples
- 1 cup coconut sugar
- 1 ½ tablespoons ground cinnamon
- ¼ teaspoon pink himalayan salt
- 1 tablespoon pure + organic vanilla



Serving size one 16oz. jar

DIRECTIONS

1. Cut apples and place in slow cooker
2. Add sugar, cinnamon, salt, and vanilla.
3. Set slow cooker to low.
4. Let ingredients heat for nine hours.
5. Once done, let cool. Once cool, place in food processor. Blend until smooth and buttery.
6. Put in jar and refrigerate until cold.

TIPS

- Mix ingredients in slow cooker every few hours for a smoother final product.