

# Apple Butter

## Servings: 16

*1 cup brandy*

*4 pounds apples, cleaned but not peeled*

*1 teaspoon cinnamon*

In a large pot, heat the brandy to boiling.

Chop apples into quarters and toss into pot. Simmer for 2 or so hours, stirring occasionally.

Push apples through the sieve or chinois to remove tough parts and seeds. Return pulp to the pot and simmer on very low until thick paste.

Freeze for up to 3 months or refrigerate for 3 weeks.

*There is no better way to make a fat free, no added sugar, high fibre thing to spread on toast. It also spreads nicely on brie and chicken breasts. A terrific filling in cakes/cookies/cupcakes...*

*You could core and seed the apples first but I like to deal with all of that later through the chinois. Feels faster to me and it preserves more of the fruit for the butter. Waste not, want not and all that.*

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Per Serving (excluding unknown items): 96 Calories; trace Fat (4.9% calories from fat); trace Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat.