

Spiced-Apple Pear Sauce



Servings: 4

3 apples (McIntosh) cored and chopped

3 pears (Bartlett) cored and chopped

1 tablespoon lemon juice

6 cinnamon sticks

1/4 teaspoon ground nutmeg

1/4 cup water

In a sauce pan combine all of the ingredients. Bring to a boil over medium-high heat.

Cover, reduce the heat to medium-low and cook until the apple and pears are very soft but still a bit chunky 15-20 minutes.

Remove the sauce pan from the heat and stir the sauce until well combined.

Cool the sauce to room temperature. Remove and discard the cinnamon sticks.

Serve

Per Serving (excluding unknown items): 87 Calories; trace Fat (2.6% calories from fat); 1g Protein; 24g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 2mg Sodium; 13g Total Sugars; 0mcg Vitamin D; 52mg Calcium; 1mg Iron; 176mg Potassium; 19mg Phosphorus. Exchanges: .