

## Applesauce with Cinnamon

### Ingredients

- 1 apple
- ½ teaspoon cinnamon
- Pinch of nutmeg
- Powdered Stevia to taste

### Directions

1. Peel and puree apple in a food processor.
2. Add in cinnamon and Stevia to taste.
3. Serve chilled.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
95 calories

