

Crock Pot Apple Sauce (refined sugar free)

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SERVES: 10 cups

INGREDIENTS:

- 20 medium apples (I used honey crisp, not too sour not too sweet)
- 1-1/4 cups water
- 1/2 teaspoon salt
- 1/2 cup [honey](#) (adjust to your taste, I don't like it too sweet)
- 1/2-1 tablespoon lemon juice (adjust depending on how sour the apples are)
- 1 teaspoon [pure vanilla extract](#)
- 1 teaspoon [cinnamon](#)

INSTRUCTIONS:

1. Peel, core, and slice the apples. I used an apple slicer to speed things up. Just make sure to keep a paring knife close by in case it misses any seeds.
2. Place all of the slices in a crock pot and pour water over them. Sprinkle the salt, cover, and set your timer to 6 hours on low.
3. After 6 hours has past, stir in the honey, lemon juice (if necessary), vanilla and cinnamon. Most of the apples will have broken down, but there will still be some chunks. If you like your apple sauce really smooth, run a immersion blender through the sauce or put it into a blender and pulse until smooth.

I usually store half in the freezer and the other half in an airtight container in the fridge. We go through it pretty quickly!

