

Dessert Applesauce

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/gluten-free-easter-dessert-recipe>

Ingredients:

- 4 gala apples chopped
- 1 teaspoon lemon zest
- 1/4 cup maple syrup
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract I added this in
- 1 pinch ground cloves
- 1 pinch ground ginger
- 1 pinch nutmeg
- vanilla ice cream for serving

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 2 grams
7. SaturatedFat: 3 grams
8. Sodium: 40 milligrams
9. Sugar: 49 grams

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