

Apple Butter

A velvety sweet spread that tastes great on toast, yogurt, oatmeal, and more!



Makes 6 jars (8-ounce)

Stovetop time: 2 ½ hours, largely unattended

Slow-cooker time: 6 to 7 hours

INGREDIENTS

- 4 to 5 pounds apples, mix of cooking and eating apples
- 6 Tablespoons brown or white sugar or stevia-blend sweetener
- 2 Tablespoons dark brown sugar, can use coconut or other sugar
- 2 Tablespoons fresh ginger, minced or use 1½ Tablespoons grated (optional)
- 1 teaspoon cinnamon
- ¼ teaspoon allspice
- ⅛ teaspoon cloves
- 3 ounces water
- 2 Tablespoons lemon juice
- 1 teaspoon vanilla

Apple butter—delicious at breakfast and tasty at lunch with peanut butter!

INSTRUCTIONS

1. Wash hands thoroughly for 20 seconds before starting.
2. Rinse/wash apples, scrubbing the peel. (Use a vegetable brush if you have one.)
3. Core apples using an apple corer, leaving the peel on. Check to be sure there are no seeds or fibrous pieces of the core.
(You can also use a knife to remove the core and cut the apples into 4 to 8 wedges, depending on the size of the apples.)
4. Place all ingredients in a large deep pot or Dutch oven. Stir to combine. Place the pot on the stovetop over high heat and bring to a boil. Lower heat to a simmer and stir.
5. Simmer for two hours, stirring every 15 to 20 minutes so the bottom does not burn. (Lower the heat if necessary.)
6. Transfer soft apples to a blender and puree until smooth. (Take the handle out of the blender lid and place a kitchen towel over the hole to catch steam and prevent splatters.) Blend in batches until all is smooth.
7. Return pureed apples to pot and continue to simmer until the apple butter is very thick and has a darker color.

8. Transfer to 8 to 16-ounce jars or containers. Serve on toast, yogurt, pancakes, and waffles. It also makes a nice sauce for cooked pork and chicken.



Credit: Jani Leuschel

SLOW COOKER INSTRUCTIONS

1. Wash and prep apples (see above).
2. Place them in the liner pot of a slow cooker with all ingredients except water.
3. Cook on high for six hours or on low for eight hours,
4. Puree the soft apples in a blender, working in batches, until all the apple mixture is completely smooth.
5. Return the pureed apples to the slow cooker. Cook on high with the lid off for 30 to 60 minutes. The apple sauce should bubble and thicken.
6. When the apple butter has thickened to your liking, remove the slow cooker liner to a heat-safe surface and let it cool for at least half an hour. Fill 8- to 16-ounce containers or jars with apple butter.

Cooking Tips and Notes:

- ❖ To make applesauce for snacks or baby food instead of apple butter, leave out the spices and sugar and or sweetener. Simply puree the apples when they are soft instead of cooking longer and thickening.
 - ❖ A wide-mouth funnel is helpful when pouring the apple butter into containers.
 - ❖ Apple butter or apple sauce keeps in the refrigerator for up to two weeks. Freeze for longer-term storage of six to 12 months.
- ✓ 1 tablespoon = 15 calories

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