

Crock Pot Escalloped Apples



This recipe is the direct result of two completely different factors=

1. we've been getting great fall apples and need to use some up, especially the ones with bruises
2. it's almost the holiday season and I'm trying to find lower calories, but equally delicious dishes to serve up as dessert

This recipe is best served warm with a scoop of either vanilla ice cream or just a dollop of whipped cream. It tastes like the inside of a warm apple pie, but barely has more calories than a cup of applesauce. It's soothing and comforting to the whole body and there is no reason to save this dish for dessert— try it for breakfast with your oatmeal, as a side to lunch or dinner or as a snack at any point of the day!

Unlike applesauce, this dish should be made with large chunks of apples. As they cook down, the apples might fall apart a little bit, but that will help the juices flow. Do not overcook this recipe or you will wind up with apple butter.

8 medium apples, peeled and cored and cut into large chunks

2 T. salted butter

1/2 c. brown sugar

1 t. cinnamon

pinch of nutmeg

1/2 t. black pepper

1 T. vanilla extract

1/4 c. cold water

1 t. corn starch

Put apples in the crock pot first, then sprinkle with brown sugar, cinnamon, nutmeg, black pepper and drizzle with vanilla. Put butter on top of mixture, it will melt as it heats. Cook on low for 4 hours or until apples are softened, but still firm. Dissolve corn starch in water and then pour over apple mixture and stir. Turn crock pot off and let sauce thicken until it gets syrupy and easily coats the apple chunks. Serve warm.

(Makes 8 servings)