

## Healthy Recipe

# GET HEALTHY, STAY HEALTHY

## Apple Confit

**Makes:** 8 servings • **Active Time:** 15 minutes • **Total Time:** 2 1/4-4 3/4

### Ingredients

- 3 pounds firm cooking/baking apples, such as Granny Smith,
- 1/4 cup sugar
- 1/4-1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

### Preparation

1. Peel the apples and slice 1/4 inch thick. (You should have a quart or larger slow cooker. Add sugar and cinnamon to taste and cook until the apples are very tender and almost translucent on high or 4 to 4 1/2 hours on low. Stir in vanilla. Transfer to a bowl and refrigerate until chilled.



### Nutrition

**Per serving** (1/2 cup) 98 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 26 g carbohydrates; 0 g protein; 4 g fiber; 2 mg sodium; 168 mg potassium.

### Tips

**Make Ahead Tip:** Cover and refrigerate for up to 4 days.