

Sweet, Sweet Apple Butter



A refined sugar substitute!

Making apple butter is a great way to preserve the fruits of an apple harvest. In contrast to what the name implies, **there is no “butter” in apple butter**. The name comes from its smooth and buttery texture.

Apple butter is a highly concentrated form of apple sauce. To create apple butter you need to slowly cook apples in water to a point where the sugar in the apple caramelizes. This will turn your mixture into a deep brown with a thick texture.

Proceed with Caution:

Apple butter is delicious and can be used as a sugar substitute! It is a much healthier option, in comparison to jelly, because it comes from a natural ingredient with no added sugars. However, it **still contains natural sugars** and should be **consumed in moderation!**

Tasty Tips:

For added flavor try adding some healthy spices like ginger, cinnamon, or cloves!