

RECIPE

HOMEMADE CINNAMON APPLESAUCE



Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 4 people

Ingredients

Steps

- Heat a medium skillet over medium heat, then add vegetable oil.
- Saute' asparagus, onion and green pepper in the pan for 5 minutes, continually stirring.
- Add ginger and stir over medium heat for 1 minute.
- Add, steamed brown rice, salt, and pepper and cook for 1 minute.
- Enjoy!

- 4 apples, peeled, cored and chopped
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground cinnamon

