

# 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

