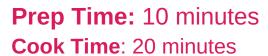
RECIPE

HOMEMADE CINNAMON APPLESAUCE





Serves: 4 people



- 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!

Ingredients

- 4 apples, peeled, cored and chopped
- ¾ cup water
- ½ cup white sugar
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon