

Spiced Apple Topping

Meal Components: Fruits

Sauces, Condiments & Dressings, G-09

Ingredients	1 Servings		2 Servings		Directions
	Weight	Measure	Weight	Measure	
Trans fat-free margarine	2 oz	1/4 cup	4 oz	1/2 cup	1. Melt margarine and honey in stock pot or steam-jacketed kettle.
Honey	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Apple juice		1 qt 1 1/2 cups		2 qt 3 cups	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
Cornstarch	2 1/4 oz	1/2 cup	4 1/2 oz	1 cup	
Ground cinnamon		1 Tbsp		2 Tbsp	3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
Ground nutmeg		1 1/2 tsp		1 Tbsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.
Canned, unsweetened, sliced apples, drained	4 lb 2 oz	2 qt (2/3 No. 10 can)	8 lb 4 oz	1 gal (1 1/3 No. 10 cans)	

Notes

Special Tips:

- 1.) For each 1 gallon, add 1 cup of raisins to the apples for a more flavorful topping.
- 2.) Serve over waffles, pancakes, or ice cream.

Serving

Yield

Volume

? cup (No. 12 scoop) provides ¼ cup of fruit.

1 Servings: about 8 lb 6 oz

1 Servings: about 1 gallon

2 Servings: about 16 lb 12 oz

2 Servings: about 2 gallons

Nutrients Per Serving

Calories	92	Saturated Fat	0.24 g	Calcium	7 mg
Protein	0.2 g	Cholesterol		Sodium	13 mg
Carbohydrate	21.7 g	Vitamin A	60 IU	Dietary Fiber	1.1 g
Total Fat	1.17 g	Iron	0.3 mg		