

# Apple & Pear Saute

Recipe Makes 6 Servings

1 Serving =  $\frac{3}{4}$  cup

0 SP, 70 Calories

## Ingredients:

3 apples, chopped with skin still on

2 pears, chopped with skin still on

1 cup water

1 tbsp vanilla extract

1 tsp apple pie spice (or a mix of cinnamon, nutmeg, and cloves)

1 packet of stevia or sweetener of your choice to give it that added sweetness

Sugar Free Reddi Whip

**Optional:** 2 tsp chopped walnuts or pecans to sprinkle on top (add 1sp or 26 calories)

## Recipe:

In a large pan, add apples, pears, water, vanilla, and spices. Place on medium heat and cover. Stirring occasionally, cook until the apples and pears are very soft. If the water evaporates before the fruits are soft, just add more water. Once the fruit is very soft, uncover, reduce heat and stir in any added sweetener you are using. Continue to simmer until the excess liquid evaporates and cooks down to a thick syrup.

Place portions into a small bowl or cup, spray with Reddi Whip, and sprinkle with extra spices or optional chopped nuts.

Eat & Enjoy!

♥Fun Diet Food Finds♥