

Cinnamon Apple Sundaes



Ingredients:

6 - 8 medium-sized Apples
1/2 cup Water or Apple Juice
Cinnamon and Nutmeg, as desired
Frozen vanilla yogurt

Directions:

Peel and core apples. Cut into slices. Sprinkle cinnamon and nutmeg over the apples and toss gently. Place the apple slices into a crock pot and add the water or apple juice. Cover and cook on low about 2 hours. (Can be started on high for a short time and then reduced to low for the remainder of the cooking time.) Stir apples occasionally. Serve warm over frozen yogurt. Keep left over apples in the refrigerator or freezer.