

CHAYOTE CINNAMON "APPLE" SAUCE

INGREDIENTS

- 2 Chayote squash
- 1 quart water
- 1 tsp. cinnamon
- 1/4 tsp. EZ Sweetz Stevia

PREPARATION

1. Dice unpeeled squash.
2. Add to water in a medium saucepan and cover. Let simmer for 45 minutes until very tender. Allow cooling.
3. Drain squash and place into a blender.
4. Add cinnamon and sweetener.
5. Puree or mash to get a chunkier texture.
6. Use as a topping for pancakes and waffles. Serve and enjoy!

