Caramel “Apples”

8 C. chayote squash, skinned and cored, cut in 1” cubes (about 6 chayote)

½ C. \*Walden Farms apple butter spread

½ C. Walden Farms caramel syrup

½ C. Walden Farms maple syrup (or pancake syrup)

1/3 C. Splenda or Stevia

1 T. + 1 tsp. cinnamon

1 T. + 1 tsp. lemon juice

Directions:

1. In a medium bowl mix all ingredients except chayote squash. (Apple butter doesn’t mix very well but that’s ok, it will melt together when heated.)

2. Place chayote in crockpot; pour caramel mixture over the top. Stir to mix.

3. Cook on high 6 hours.

Servings: 8 – 1 Cup servings veggies.

TIP: Be sure after cooking to divide into 8 equal portions to get accurate 1 C servings, (you will not measure for accuracy, just divide). Chayote will reduce to about ½ it’s volume after cooking. Juice from cooking may be discarded. \*If you do not have the Apple Butter, just omit. I highly recommend as it will give the chayote a more ‘apple’ taste. There will be enough moisture during slow cooking w/o it.

Recipe from Janeva’s Ideal Recipe Cookbook – Available at Christie Clinic Transformations Medical Weight Loss Program