

cranapple cinnamon raisin chicken

MAKES 4-6 servings

COOK TIME: 6-7 hours

4-6 boneless, skinless chicken breast halves
1 cup dried unsweetened cranberries
1 cups chopped Granny smith apples
1 cup chunky applesauce with cinnamon
½ cup seedless raisins
1-2 Tbsp dark brown sugar, optional
1 Tbsp water
1 tsp lemon juice
2 tsp butter

PLACE chicken in a slow cooker.

ADD remaining ingredients in order listed above, dotting evenly with butter last.

COVER and cook on LOW for 6-7 hours.

MAKE IT A MEAL: serve with a nutrient dense carbohydrate and non-starchy vegetable.