Roasted Applesauce

4 small apples, peeled and chopped
¼ cup maple syrup
1-2 tsp cinnamon

Preheat oven to 400° F. Line cookie sheet with foil and spray liberally with nonstick cooking spray. In a large bowl, mix all ingredients. Spread on cookie sheet and bake 15 minutes or until very soft. Mash with fork or puree with food processor or blender until desired consistency.