

Slow Cooker Apple Cinnamon Pork Tenderloin

4 SERVINGS 4 HOURS



INGREDIENTS

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbspc Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	251	Iron	3mg
Fat	3g	Vitamin D	9IU
Carbs	34g	Folate	12µg
Fiber	5g	Magnesium	42mg
Protein	25g	Zinc	2mg
Vitamin C	7mg		

DIRECTIONS

- 01 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 02 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 03 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

NOTES

RECIPE ID 320

MAKE IT TENDER

Brine your pork tenderloin the night before for more flavor and tenderness.

MORE GREENS

Serve on a bed of spinach or add your choice of veggies such as carrots or squash to the slow cooker.