

Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients · 4 hours · 4 servings



Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. 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.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender

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

More Greens

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

More Carbs

Serve with rice, quinoa or mini potatoes.

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 tbsp Cinnamon