

# Strawberry Applesauce

(No cook – Serves 4)

Blender/food processor used for this recipe:

One red delicious apple, skin on  
One granny smith apple, skin on  
One pound of fresh strawberries, greenery removed  
One level teaspoon ground cinnamon

Core apples, quarter and place in food processor.  
Add cinnamon and blend. While blending, add strawberries.  
Blend to desired consistency.

Makes a refreshing addition to any meal; breakfast, lunch, dinner or a good between meal snack.  
Provides needed fiber for best digestion.



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