



Berry Sweet Applesauce

Lightly spiced applesauce can be served with nutty granola chunks

4 apples, cored; (peeled if desired), chopped

1 cup fresh chopped strawberries

1/3 cup water

1/4 teaspoon pumpkin pie spice

1-1/2 teaspoons fresh lemon juice

- Place chopped apples in medium pot.
- Add strawberries, water, pumpkin pie spice, and lemon juice; cook until starting to boil.
- Reduce heat; cover; let simmer on low heat, stirring occasionally for about 20 minutes or until apples are completely cooked through and softened. Cool 5 or 10 minutes.
- Mash apples with food mill, or place in food processor; process into applesauce consistency.
- Place in bowl, serve, or chill in covered bowl Yield: 4 desserts

Cook's Note: Serve the applesauce in a bowl with some pure vanilla flavored yogurt and Crunchy Nut Brittle.

About the Recipe: Making your own applesauce allows you to customize the sweetness and spices. It is healthy since it contains antioxidants called phytochemicals. If you use the whole fruit including the skin; it will also provide some added fiber. Strawberries create a beautiful blushing applesauce with a delightful flavor.