

Berry Applesauce



Makes:

4 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover

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Recipe:

Contributed By:

The Cancer Survivor's Guide
Physicians Committee for Responsible Medicine
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Recipe Description:

Berries give this recipe a deep red or purple color and add a hefty dose of anthocyanins - potent cancer-fighting antioxidants.

2 apples, strung, use Cone #2
2 cups
fresh or frozen strawberries, blueberries, or raspberries
(440 g)

Directions:

1. Combine all ingredients in skillet over medium heat. Cover and cook.
2. When Vapo-Valve™ clicks, reduce heat to low and cook for 15 - 20 minutes.
3. Mash lightly with a potato masher, if desired. Serve hot or cold.

Tips:

- Store in a covered container in the refrigerator. Leftover applesauce will keep for up to 3 days.

Nutritional Information per

▼ Serving

Calories: 108
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 11mg
Total 27g
Carbs:
Dietary Fiber: 3g

Sugar: 20g
Protein: 1g
