

Berry Applesauce



Makes:

4 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover

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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)
1/2
cup
frozen apple juice concentrate
(120
g)
1
teaspoon
cinnamon
(3

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 Carbs:

27g

Dietary Fiber:

3g

Sugar:

20g

Protein:

1g