

fresh Strawberry Applesauce



ingredients

1 green apple
1 red apple
4 large strawberries
About 1 T lemon juice
1 T honey or agave (optional)

how to prepare

Core and cut apples into quarters, process all ingredients in food processor until smooth. Serve right away or store in an airtight container. Will stay good for 2 - 3 days.

notes

*leave the apple peels on for extra color and nutrition!

a gentler and happier approach to health