

APPLE

Ingredients

2-3 apples*, washed peeled & chopped in 1" cubes

* *Suggested:* Macintosh, Golden Delicious as they have a softer texture but you can use any variety.

Method

- Place apples in saucepan with some water (about 1/4 cup)
- Bring to a boil
- Reduce heat to medium & allow to simmer 20 minutes or until fork-tender
- Place entire contents of saucepan into food processor or blender & puree until smooth