

Awesome Applesauce

Simple no-cook version you can enjoy in minutes

INGREDIENTS:

4 red apples
4 Tbsp. lemon juice
4 tsp. sugar
1/2 tsp. cinnamon

PREPARATION:

Peel apples and cut into small pieces. Throw out the core. Put apples and lemon juice into blender or food processor. Blend until very smooth. Pour into a bowl and stir in cinnamon and sugar. 4 servings.

Calories per serving: 84
Carbohydrates: 22 gms.
Protein: 0 gms.
Fat: 0 gms.
Sodium: 3 mg.
Fiber: 2 gms.

Low Calorie
No Fat

KID-FIT Recipe #56 Vol. 7

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