

CROCKPOT CRANBERRY APPLESAUCE

BY KELLY WENDORFF

INGREDIENTS:

- 4 granny smith apples
- 4 red delicious apples
- juice from 1 lemon
- 1 bag of cranberries – approximately a pound
- 1/4 cup pure maple syrup
- 3 Tbsp coconut oil
- 2 tsp ground cinnamon

DIRECTIONS:

1. Core the apples. Peel only if your family has texture sensitivities – but if you have a Vitamix blender no need.
2. Dump half the apples in a greased crockpot (I just smear a bit of the coconut oil all over it)
3. Pour cranberries over the apples.
4. Squeeze half the lemon over that.
5. Dump the rest of the apples over that.
6. Squeeze the other half of the lemon on the apples.
7. Pour maple syrup over fruit,
8. Dollop the coconut oil around the top.
9. Sprinkle with cinnamon.
10. Let cook on low for 6-7 hours.
11. Cool slightly and then blend in a blender until smooth and creamy.

