



July 4- Blueberry Applesauce

Smart Snack

Link: <http://www.familyfeedbag.com/2011/08/applesauce-fruit-blends.html>

Recipe

Ingredients:

2/3 cup water

2 medium apples, peeled, cored, and sliced

½ cup fresh or frozen blueberries

Directions:

1. In a small saucepan combine all ingredients. Bring to a boil and reduce heat. Cover and simmer for 15 to 20 minutes or until apples are very tender. Cool mixture.
2. Puree mixture using a food mill, baby food grinder, blender, or food processor. Use within 1 day or freeze up to a month.

Yield 3 servings

Nutrition Facts

Serving Size 0.5 cup (204.75g)
Servings Per Container 3

Amount Per Serving

Calories 90 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **14%**

Sugars 15g

Protein 0g **1%**

Vitamin A 0% • Vitamin C 15%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.