



CHOKECHERRY APPLE BUTTER

INGREDIENTS

- 4 cups unsweetened applesauce
- 4 cups chokecherries
- 1 cup water
- 4 cups sugar
- ½ teaspoon almond extract

DIRECTIONS

1. Add 1 cup water to 4 cups chokecherries. Simmer over low heat until soft. Put cooked fruit through a sieve or food mill.

Or

Pit the chokecherries using a Victorio Food Strainer (use grape spiral and pumpkin screen attachments, and remove the tension spring). Measure out 2 cups of chokecherry pulp.

2. Combine chokecherry pulp with 4 cups applesauce. Heat mixture to a boil, stirring frequently. Add sugar. Stir constantly until it just begins to thicken. Add almond extract and blend.
3. Ladle into jars and place into the refrigerator or ladle into freezer containers and freeze for later use.

Serving Size: ½ cup or 16 servings.



Chokecherry Apple Butter

Nutrition Facts	
Serving Size: 1/2 cup (0g)	
Servings Per Container: 16	
Amount Per Serving	
Calories 220	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 58g	19%
Dietary Fiber 2g	8%
Sugars 55g	
Protein 1g	
Vitamin A 0%	• Vitamin C 10%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: APPLESAUCE NATURAL NO SUGAR ADDED, SUGAR, PURE CANE, CHOKECHERRIES, RAW, PITTED (SHOSHONE BANNOCK), PURE ALMOND EXTRACT