



Blueberry Applesauce

Ingredients

- 1 cup blueberries
- 1 large apple
- 1/2 tsp ground cinnamon
- 1/2 cup brown sugar
- Juice and zest from 1 lemon

Directions:

1. Combine all ingredients in a pot over the stove
2. Bring to a boil; Reduce to a simmer
3. Cook until apples are soft, about 20-30 minutes
4. Mash apples with a fork; Mix to combine
5. Allow to cool; Store in an airtight glass jar; Enjoy!

Equipment
Pot

Cost: \$

Ease: 

Health Benefit: Blueberries are low in sugar and rich in antioxidants that promote brain health and immunity. Apples contain fiber that support bowel health.