



SECOND HARVEST
of SILICON VALLEY

Beet and Carrot Applesauce

Ingredients

3 to 4 apples - peeled, cored and chopped
1 large carrot - peeled and chopped
1 medium beet - peeled and chopped
1 tsp cinnamon
1 cup water

Servings: 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Directions

1. Place pot on the stovetop over high heat. Add the chopped apples, carrots, and beets, cinnamon and water. Bring to a boil and then simmer, covered, for 30 to 35 minutes until tender.
2. Remove from heat and let cool.
3. Transfer the cooled mixture in batches to a blender and blend each batch for approximately 1 minute until smooth.
4. Enjoy warm or cold, by itself or like a spread on bread, pancakes, and waffle

Alternate Serving Suggestions:

- Pour into popsicle molds and freeze for a delicious frozen treat.
- Freeze it in ice cube trays and use in smoothies.