



Strawberry-Rhubarb Applesauce

Makes about 2½ cups

2 apples, peeled if desired*
1 cup chopped rhubarb
½ cup sliced strawberries

¼ cup sugar

⅓ cup orange juice

1 tsp. orange zest, if desired

Core and chop apples. In a saucepan over medium heat, place apples with 1 Tbsp. water. Cook apples about 5 minutes, stirring often, until apples soften slightly. Add remaining ingredients then turn up heat slightly to bring to a boil. Once boiling, reduce heat and continue to cook, stirring often, for 10 minutes or until rhubarb and apples are soft. More water or sugar can be added to taste. Cooled applesauce can be pureed in a blender or food processor if a smoother consistency is desired.

*Leave the peel on the apples for added fiber and nutrients

Per ½-cup serving: 100 calories, 0 g fat, 1 g protein, 27 g carbohydrate, 3 g fiber, 0 mg sodium