



Field Berry Applesauce

A RECIPE BY DAN HAMILL

Instant Pot

Prep Time - 10 minutes

Cook Time - 5 minutes

Blend - 5 minutes

Slow Cooker

Prep Time - 10 minutes

Cook Time - 4 hours on High

Blend - 5 minutes

ingredients

- 6-8 Apples, cored and cubed
- 1 cup Strawberries
- 1 cup Blueberries
- 2 Tbsp Brown Sugar
- 2/3 cup Fruit Juice (or water)

directions

- Core and cube apples, 1-2 inch pieces. (peel them if you prefer)
- Add the apple pieces, strawberries, blueberries, brown sugar, and fruit juice into the Instant Pot or Slow Cooker.
- **Instant Pot** - Put the lid on, switch vent to sealing, use the Pressure Cook (or Manual) button, set to 5 minutes and allow to cook. When cooking is complete use the Quick Release.
- **Slow Cooker** - Put the lid on and set the cook time to 4 hours on high. Stir a couple times during cooking process.
- Depending on how smooth you like your applesauce you can use a potato masher, hand mixer or an immersion blender to mix or puree the sauce.
- Serve hot or cold.
- Can be stored in the fridge for up to 2 weeks in a jar with a lid.