

## Applesauce quick & easy

This is a fast breakfast or snack that can be as simple as just apples... or make it a more filling and satisfying meal by including the additional ingredients listed below.

I used to think that apples had to be peeled and boiled before pureeing for applesauce... but was I wrong! This is an entirely raw recipe making it more nutrient-dense and quick to prepare in your food processor.

### Ingredients

4 large apples; I particularly like organic Gala or any local variety, quartered and cored  
4-6 dates, chopped  
¼ cup pecans, raw  
2 Tbsp ground flaxseed  
Pinch of salt, Himalayan or Celtic Sea  
Squeeze of lemon, ~2tsp  
Pinch of cinnamon  
¼ - ½ tsp vanilla extract  
Chopped pecans to garnish

Combine all in food processor; pulse to get things started and then keep it in ON position until desired consistency is met.

Let sit for 5 minutes so that the flaxseed can absorb the juice and thicken the sauce.

Garnish each bowl with some chopped pecans.

*Bon appetit!*

### **Reasons for adding....**

Pecans: protein

Flax: fibre, makes the dish more filling too

Lemon juice: prevents apples from oxidizing to brown

Salt: balances the sweet for better flavour enjoyment