

Crockpot Pear~ Applesauce



Serves 10

3 pounds apples, cored, cut into chunks

2 pounds pears, cored, cut into chunks

1/4c water

cinnamon, or substitute pumpkin pie spice

sugar, to taste

Do not peel fruit as the skin contains pectin which helps lower cholesterol.

Spray crockpot with non~stick cooking spray. Add fruit and water and cook on low 8~10 hours or on high for 4~5 hours until fruit is soft enough to mash.

After fruit is cooked, run through a food mill, sieve, blender or food processor to puree but still leave it slightly chunky.

Add sugar to taste, if desired. Add cinnamon to taste. Serve warm, room temperature or cold.

Prepare Ahead Tip

This pear~applesauce keeps well in refrigerator for one week and tastes better the longer it keeps.