



Crockpot Applesauce

3 lb bag of green apples cored and sliced

12 ounces frozen strawberries or raspberries

2 tsp cinnamon

1/3 cup alkaline water

Combine ingredients in crockpot and cook on low for 4 hours

Mash using a potato masher

Leave the lid off the crockpot and cook for another 30 minutes to allow it to thicken

For smooth applesauce place in food processor or blender

1 serving of fruit equals or 4 ounces or 1/2 cup