

# APPLE, PEAR, CRANBERRY FRUIT MASH

## INGREDIENTS

- 2 lbs** Apples (tart) (peel) (core) (cut in 1/2)
- 1/2 lb** Pears (peel) (core) (cut in 1/2)
- 6 oz** Cranberries
- 3/4 C** Raisins **OR** currants
- 1/2 C** Wine (white) **OR** water
- 1/2 C** Coconut sugar **OR** sugar substitute
- 1 1/2 C** Egg substitute
- Cinnamon (to taste)



## DIRECTIONS

- 1 Peel, core & cut in 1/2 the apples & the pears
- 2 Place the apples & pears in a large pot with the cranberries & raisins
- 3 Add the wine **OR** water & cover
- 4 Cook on a low heat for about 20 minutes or until the apples fall apart
- 5 Mash the fruit with a potato masher & add the sugar **OR** sugar substitute
- 6 Add cinnamon (to taste)
- 7 Cook over medium-low heat for another 5 minutes & then allow the mix to cool before serving

