INGREDIENTS

apples
1 small beet
2 carrots
optional: lemon juice, sugar, cinnamon

METHOD

If you are going to peel the apples, do this first. Then, cut out the cores and cut the apples into one to two-inch pieces.

Peel and chop the beets and carrots and begin boiling them in just enough water to cover them until they begin to soften.

Add the chopped apples, cover, and bring to a boil. Turn down the heat and simmer until the apples are very tender and starting to fall apart. (The amount of time this will take depends on how many apples you are cooking – but shouldn’t be more than 10 to 15 minutes.)

Use an immersion blender to blend it all together right in the pot, or wait for the mixture to cool down and blend in a blender.

Taste, and if you would like, add a little lemon juice and/or sugar and cinnamon.