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## **Collagen Cranberry Applesauce**

### **Ingredients**

8 oz. fresh cranberries  
2 apples (your favorite variety), peeled and diced  
1-1/2 cups apple cider  
1/2 cup dark brown sugar  
1 tsp cinnamon  
1/4 tsp nutmeg  
1 tsp lemon juice  
3 scoops Traditional Tonic Nourishing Collagen  
1/8 tsp salt

### **Directions**

1. Place all the ingredients in a saucepan over medium heat.
2. Bring mixture to a simmer. Reduce the heat and simmer 10-15 minutes, stirring frequently to avoid sticking or burning.
3. Once most of the berries have burst and the apples are falling apart, remove from heat.
4. Cool before serving. If you prefer a smoother sauce, blend the mixture after it has cooled.