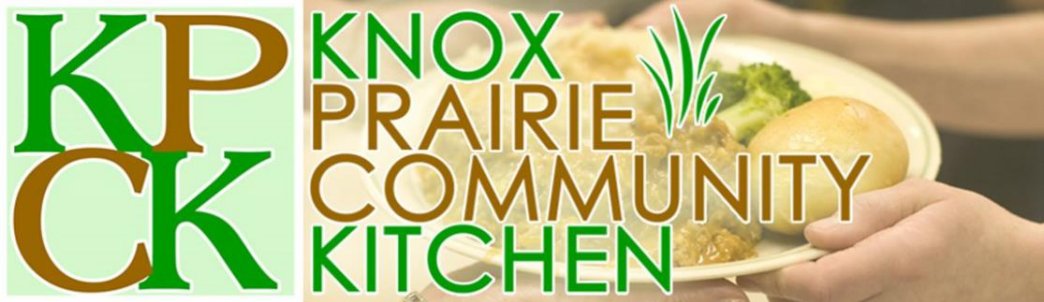


Green Apple + Fennel Slaw & Cinnamon Baked Applesauce Recipe



Ingredients:

Cinnamon Baked Applesauce

- 2 Tart apples, peeled and sliced
- 3 Tablespoons of sugar
- ¼ Teaspoon ground cinnamon
- ¼ Cup Water

Preparation and Cooking:

Green Apple + Fennel Slaw

1. Combine apples, cabbage, raisins and fennel.
2. Pour Dressing over and toss well. Cover and refrigerate.

Cinnamon Baked Applesauce

1. Preheat oven to 350°F
2. Mix ingredients together in a bowl.
3. Place in baking dish.
4. Cover and bake at 350°F for 30-40 min.

Green Apple + Fennel Yields: 8 servings

Prep time: 10 min.

Cinnamon Baked Applesauce Yields: 2 Servings

Prep time: 5 min.

Cook time: 40 min.

Ingredients:

Green Apple + Fennel Slaw

- 1 Granny Smith Apples, cored and thinly sliced
- 4 Cups shredded cabbage
- 1 Cup of thinly sliced fennel (about ½ bulb)
- 1 Cup golden raisins

Dressing – mix all together at once

- 1 Cup Mayonnaise
- ¼ Cup Sugar
- ¼ Cup Vinegar
- ¼ Cup Lemon Juice
- 2 Tablespoons Milk
- 1 Teaspoon Salt