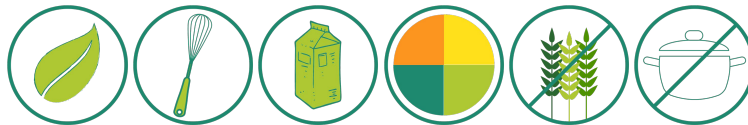


Cherry Almond Awesomesauce



This recipe contains tart cherry juice concentrate which is an excellent source of antioxidants, vitamin A, and vitamin C.

Photo Contest!



- Test Recipes
- Fill out the survey
- Submit photos
- Win prizes



Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 710 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 60%

Protein: 14.2%

Fat: 25.8%

Make it for the whole family:

Tart Cherry Juice has wonderful health benefits most well known being it's inflammation fighting properties in those with arthritis. We keep tart cherry juice on hand to mix into plain yogurt, add to smoothies and to make fun fizzy drinks by adding it to some sparkling water with fresh herbs and lemon slices. More cherry recipes: <https://www.traversebayfarms.com/pages/cherry-juice-recipes>

Cherry Almond Awesomesauce

Ingredients

- 1½ cups original almond milk
- 1 tablespoons almond oil
- 2 tablespoons tart montmorency cherry concentrate such as Cherry Bay Orchards
- 1 cup smooth applesauce
- 8 ounces mixed vegetables baby puree such as Gerber 2nd Foods Garden Vegetable or a homemade veggie puree
- ½ cup dry infant brown rice cereal or other instant infant cereal
- 3 tablespoons pea protein

Preparation

1. Combine all ingredients into a bowl and whisk until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Measuring tools:

- 1 cup
- ½ cup
- Tablespoon

Tips

Swap out the almond oil for whatever oils you have on hand such as olive or avocado oil.

Swap out the mixed vegetable puree for other vegetable purees. Mix and match different colors of fruits and vegetables to keep up good variety.

Swap out pea protein for your favorite protein powder.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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