

High-Protein Applesauce

CHiK | PRO
CHICKEN PROTEIN ISOLATE POWDER

INGREDIENTS:

- 5 lbs** Granny Smith apples (peeled and cored)
- 1/4 cup** CHiKPRO™
- 1 tbsp** honey
- 1 tbsp** vanilla extract
- 2 tbsp** ground cinnamon
 - 1/2** lemon, zest only
 - 2** cinnamon sticks (optional)

DIRECTIONS:

1. Place all ingredients into crock pot and stir.
2. Cook on low for 8 hours.
3. Remove cinnamon sticks.
4. Blend with hand whisk (chunky applesauce) or immersion blender (smooth applesauce).

