

VEGAN

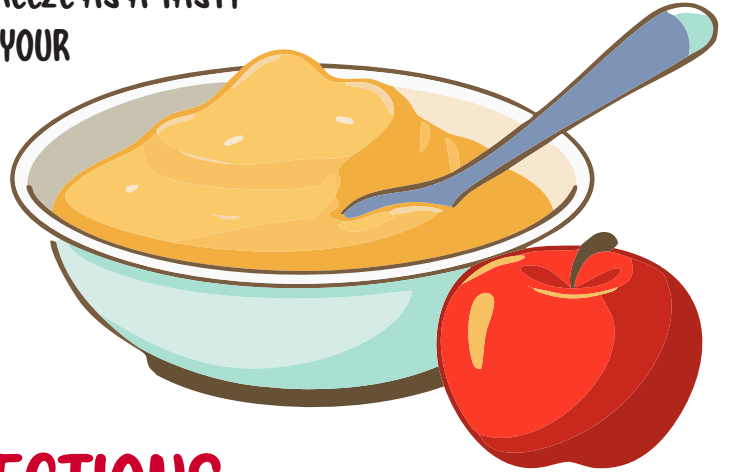
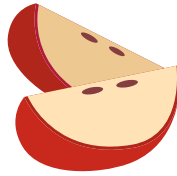
AUTUMN APPLESAUCE



THE FIRST DAY OF FALL IS SEPTEMBER 22ND, AND NOTHING IS MORE FUN IN FALL THAN APPLE PICKING. SO HERE IS A SIMPLE DOG AND PEOPLE SAFE APPLESAUCE RECIPE – USE AS A TOPPER OR ADD SOY YOGURT AND FREEZE AS A TASTY SNACK. APPLES ARE FULL OF VITAMINS AND GREAT FOR YOUR PUP'S DIGESTION AND IMMUNITY.

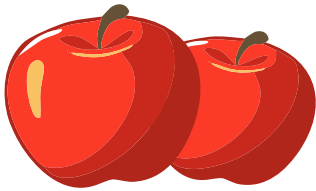
INGREDIENTS

- APPLES – APPROXIMATELY 6
- WATER $\frac{1}{4}$ CUP – MORE IF NEEDED
- 1 TABLESPOON APPLE CIDER VINEGAR



DIRECTIONS:

- 1 PEEL THE APPLES USING THE VEGETABLE PEELER.
- 2 ONCE PEELED USE THE KNIFE TO CUT THE APPLE INTO SMALL CHUNKS MAKE SURE TO THROW AWAY ALL PIPS – THIS IS IMPORTANT AS PIPS ARE A TOXIN.
- 3 PLACE THE APPLES, WATER AND APPLE CIDER VINEGAR IN THE SAUCEPAN AND BRING TO A BOIL.
- 4 REDUCE TO SIMMER AND COOK ON LOW HEAT FOR 30 MINUTES THEN CHECK FOR SOFTNESS.
- 5 REMOVE FROM HEAT AND USING A MASHER CAREFULLY MASH THE APPLES TO THE CONSISTENCY YOU WANT – A LITTLE CHUNKY OR COMPLETELY SMOOTH.
- 6 LET APPLESAUCE COOL.
- 7 ADD A LITTLE AS A TOPPER TO YOUR DOG'S FOOD OR MIX WITH A LITTLE PLAIN SOY YOGURT AND FREEZE IN AN ICE CUBE TRAY AS A TREAT.



UTENSILS

- VEGETABLE PEELER
- KNIFE – ASK AN ADULT FOR HELP
- MEASURING CUP
- TABLESPOON
- SAUCEPAN
- MASHER

