

# Banana Apple Sauce

You will need 3 bananas and 5 apples. I always buy organic.

Use a peeler to peel off the skin of the apples.

Cut apple into slices and discard the core.

Put a thin layer of water in a large skillet and place apple slices in the pan.

Cover with a lid and cook on medium heat for 40 minutes to ensure that apples are soft.

Let the apples cool.

Once apples are cool enough, peel the bananas.

Throw apples and bananas in the food processor and blend until smooth.