



### Adult Chocolate Shakes

Yield: 1 serving

2 large scoops	chocolate ice cream
2 tsp	chocolate powdered
1/2 cup	whole milk (
1-1/2 ozs	Kahlua

1. Place in a blender everything in order. Blend until creamy, about 30 seconds.
2. Pour into a chilled tall glass.
3. Top with whipped cream and chocolate beans or dusting of chocolate.

### Slow Cooker Applesauce

Makes 4 cups

Nothing is as easy as using the slow cooker for making applesauce.

8 large	apples (cooking apples such as Granny Smith, Rome etc) peeled, cored and sliced
1/2 cup	apple juice
1/2 cup	brown sugar
1/2 tsp	ground cinnamon
1/4 tsp	ground nutmeg
1/4 tsp	ground ginger

1. Place everything in a slow cooker on medium or low heat for 8 hours. Using a stick blender or a fork smash the apples to the desired texture.
2. Can with proper methods or store in the refrigerator for up to 7 days.



## Easy Applesauce Cake

One-10 cup tube pan or  
24 cupcakes

350°F

2 cups	all-purpose flour
1 tsp	ground cinnamon
1/2 tsp	baking soda
1/2 tsp	baking powder
1/2 tsp	sea salt
1-3/4 cups	applesauce
1/2 cup	Canola Oil
1 cup	brown sugar
2 large	eggs
1 tsp	vanilla
2/3 cup	chopped pecans

1. In a large bowl, whisk flour, cinnamon, soda, baking powder and salt. Set aside.
2. In a large bowl, combine applesauce, oil, brown sugar, eggs and vanilla. Add dry ingredients mixing until smooth. Add pecans.
3. Place in a tube pan that has been prepared with a non-stick spray. Bake for 40 minutes (cake) or 24 minutes (cupcakes) until a toothpick inserted into the center comes out clean.
4. Cool on rack prior to icing. Ice with your favorite cream cheese icing.