

Apple Fool

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The fool is a scrumptious dish made of cream and fresh fruits. Here, apples and blackberries are cooked and whipped into creamy yogurt. Light, wholesome, and wholly satisfying, this recipe is a winner.

Ingredients:

2 pounds tart apples, peeled and sliced

½ cup water

1 tablespoon sugar

½ pound blackberries

1 cup plain yogurt

Directions:

- 1) Place apples, water, and sugar in a large pot; bring to a boil over high heat, reduce to a gentle simmer, and cook until softened, covered, 15 minutes. Allow to cool.
- 2) Meanwhile, puree blackberries in a blender or food processor; strain to remove seeds. Transfer to a large bowl; set aside.
- 3) Puree apples in food processor or blender until chunky-smooth. Transfer to bowl of blackberries; fold in the yogurt. Chill and serve.