



Recipes

Stewed Apples



Ingredients:

3-4 organic apples, cored and chopped into 1cm thick pieces

Filtered water

ó - 1 tsp ground cinnamon



Cooking Instructions:

In large pot add the chopped apples and cinnamon then add enough water to come half way up the apples.

Put the pot onto a high heat hob with a lid on and bring to a boil, once boiling reduce to a simmer for 10 minutes.

After 10 minutes poke a fork or knife through some of the apple pieces, it should give easily.

Once the apples are soft remove the lid turn the heat back up to high and let some of the liquid evaporate. Then turn off the hob, mash the apple until it is smooth, and let this cool to room temperature.

Once cool add to a glass airtight container and place in the fridge. This will keep in the fridge for 2 weeks.

If you need more sweetness you can add raisins to this pot before cooking.

This can be served on its own, enjoyed with some coconut yoghurt or with granola sprinkled on top as a snack.

This dish is amazing for gut health at as little as one tablespoon per day.