

## Stewed Apples

This is a great for early morning nourishment. This recipe stimulates timely bowel movements and digestion and metabolism to produce lively Ojas. Raw apples can aggravate Vata but apples prepared in this manner actually pacify Vata and also Pitta and do not aggravate Pitta. This is a morning dish, not recommended for evening.

### Cooked Apples with Cloves

- 1 whole fresh, sweet apple, cored and peeled. You may use pears
- 3 whole cloves or powdered spice blend of cloves, cinnamon, and cardamom ( ¼ tsp or to taste).
- 1/4 cup of purified water
- 1 tsp ghee

#### Directions:

Core, peel, and slice or ice apple into small pieces. Add cloves or powdered spices, apples and water in a covered pot. Cook apples in 1/4 cup of water until they are soft. Discard the whole cloves if used, cool slightly, and enjoy.