

# Stewed Apples



<10 min



5-8 servings



## Ingredients

4-5 large organic apples (cored and cut into bit-size pieces, keep the skin on)  
Filtered water (enough to cover about 1/3 of the apples in the saucepan)  
¼ tsp vanilla  
½ tsp cinnamon  
¼ tsp nutmeg or allspice  
¼ tsp cardamom  
pinch of salt

## Preparation

Place diced apples in saucepan; fill with filtered water about 1/3 of the height of apples. Sprinkle in some of your favorite spices like cinnamon, nutmeg, vanilla, allspice and cardamom.

If you can tolerate a little sugar, you can add raisins or currants, but don't overdue the extra sugar. The apples are fairly sweet naturally. Use green apples as opposed to red if you want a lower sugar content.

Bring the mixture to a boil, and then reduce the heat and cook 8–10 minutes longer. You can tell when apples are ready, because the skin will shimmer. The apples will be tender (don't over cook). This is a sign the healing pectin is released, to be food for the good bugs in the gut.

Store in the refrigerator for up to 1 week.

Ideally you should eat a small bowl-full (6–8 bites) twice a day for 2-4 weeks if you're trying to support your gut health, and then taper off. If you experience gas, bloating or any discomfort, reduce the portion size by 1/2 and just start to gradually increase.



An apple a day keeps the bad gut guys away! Try this yummy stewed apples dish that is a great daily fiber and pectin for feeding your gut bacteria. Make a big pot and each day take 2 Tbls - 1/2 cup depending on tolerance.

- Fiber (apples)
- Antioxidant (apple)
- Immune & Gut Support (apples)