



Stewed Apples

Stewed apples are one of the simplest and most beloved Ayurvedic breakfast recipes for supporting digestion.

Servings: 2

Preparation Time: 20-30 minutes



Ingredients

- 2 apples; sliced or chopped
- 1/8 teaspoon **ground cinnamon**
- 1/8 teaspoon **ground cardamom** (or the seeds from 2-3 cardamom pods)
- Pinch of **ground ginger**
- Pinch of **salt**
- 3-4 **Medjool dates**; chopped (other dates will work, but Medjool are delicious in this recipe!)
- water; enough to cover the apples

Stewed Apples (Cont.)



Instructions

- Place all ingredients in a medium saucepan.
- Bring to a boil.
- Reduce to a simmer and cook for 20 minutes, or until apples are tender and spices are aromatic.

Variation: Pears make a delicious substitution for the apples in this recipe.

This recipe is appropriate for all dosha types. Adjust spices to your specific needs.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

