



STEWED APPLE

This is an ideal “first food” to give to your body each morning, along with sips of warm water. It is warm, nourishing and easy to digest, and will help to stimulate the morning bowel movement. It is also said to promote “ojas,” the ideal end product of digestion, which coordinates mind and body, and supports immunity and longevity.

While raw apples may aggravate vata, cooked apples are balancing to both vata and pitta, and will not aggravate kapha either. Pitta types will gain extra benefit from having a stewed pear, as this fruit is especially cooling and soothing to the heart and emotions.

Stove Top:

1 medium apple or pear, cut into small pieces _ cup pure water 3 whole cloves (Vand K may add 1/4 tsp cinnamon; P may add 1/8 tsp cardamom; all may add pinch turmeric if desired.)

Bring to boil, then turn down to a simmer and cook until soft to mushy (20-30 minutes.)

Crock Pot: This may also be cooked in a crock pot overnight (on low, with 1 cup water,) or start in the morning (set on “high,” use boiling water, takes 1-2 hr.)

Oven: Pierce apple with fork or knife. Insert some whole cloves into the apple. Cover. Bake at 325 degrees for 1 hour.