

Spiced Stewed Apples

4 granny smith apples (1 per person)

2-3 tbsp of frozen blueberries

1 tsp of cinnamon

1 tsp of whole cloves

3 Star Anise

Slice apples into 8th removing core parts, if organic leaving the skin on is an option.

Place into a saucepan and just cover with water

Place on a low to moderate heat to stew.

Stir in the cinnamon, cloves and star anise

When the granny smith have changed colour and are softer they are cooked, takes about 5-10min.

Turn off the heat and then stir in the blueberries, by throwing in the blueberries after the heat has been turned off they will be warm and cooked but not breakdown and disappear. I have tried putting them in at the start and you end up with blueberries coloured apples.

Spiced stewed apples is perfect as a regular food for anyone who is debilitated, depleted, feels the cold, is thin, prone to loose stools and has a poor appetite.

This kind of person will find it easy to digest cooked warm foods. Cinnamon ignites the fire of the digestive system, making the

process of the breaking down of food easier and therefore also the nutrient absorption. The energetic value of warming food to this person is most healing and nourishing to build them up.