

STEWED SPICED FRUIT



Tags: [Pitta](#), [Vata](#), [Winter](#)

Prep Time: 15 Min

Cook Time: 35 Min

Serves: 2

Directions:

1. Heat saute pan and melt ghee.
2. Add all spices and gently saute until the aromas have filled the air.
3. Add pears, apples, and dates and stir until the ghee and spices have covered the fruit.
4. Add enough filtered water to cover the bottom of the pan, about an inch. Cover and cook on low heat until fruit is soft and tender.

Ingredients:

2 organic apples, peeled and chopped into slices
2 organic pears, peeled and chopped into slices
2 pitted dates, chopped
filter water
1 tsp cinnamon
1 tsp cardamom
1 tsp dried ginger
1/2 tsp nutmeg
1 TBSP Ghee *substitute coconut oil if vegan

Ayurveda considers stewed fruit a golden food. Apples and pears are easy to digest and help to create ojas or

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radiance. Most sweet juicy fruits are excellent cleansers; in fact, they help you empty out those piled-up toxins within the system. A great way to start your day!

I like to toss sprouted, cooked quinoa into this stewed fruit for breakfast. Folding it into oatmeal is another wonderful way to nourish your body, inside and out. You could also puree this mixture and make a fruit sauce.

Enjoy!