

Stewed Apples/Pears with Cinnamon and Ginger



- Time:** 20 minutes (prep 10 minutes cooking 10 minutes)
- Serves:** 2
- Ingredients:** ½ - 3 cups water
½ cinnamon stick or 1 teaspoon ground cinnamon
1-inch fresh ground ginger or ¾ teaspoon powdered ginger
2 apples, peeled, cored, and halved (pears optional)
8 cloves
A little sweetener (e.g. maple syrup or jaggery)
Pinch of cardamom
Walnuts or blanched almonds

Directions:

1. Peel and core apples and cut into quarters. Push one clove into each quarter (take the cloves out before you eat).
2. Boil the water with all the ingredients. Reduce the heat to low and cover until apples are soft (5 minutes). During cooking add cardamom, cinnamon powder, and ginger.
3. Remove from heat and sprinkle with walnuts or blanched almonds.

Note: You can add Flame or Thompson raisins, dried apricots or Medjool dates (but not too many).