



Stewed Apple for Digestion

Ingredients: (for one person)

1 fresh, sweet apple (organic)
4-5 whole cloves
1/4 cup of purified water

Directions:

- Cut apple into quarters and remove the core
- Pierce each quarter with a clove
- Boil the combination in water for about 5 mins to a nice softness
- Once the apple is the way you like it, take out the cloves and throw them away.
- Sit down and comfortably enjoy this love-warmed, energy-enhancing fruit

Helpful tip: Eat your apple **FIRST** thing in the morning. It is best if you sip a cup of warm water with your stewed apple. This wakes up your digestion so *do not* eat this delightful dish at night.