



SPICED APPLE & GHEE RECIPE

Vata↓, Pitta↓, Kapha↓

Serves: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

INGREDIENTS

- 1 to 2 tablespoons ghee (use 1/2 to 1 tbsp for Kapha)
- 2 apples, chopped
- 1 tablespoon water
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon Ayurvedic Breakfast Spices*
- 1/2 teaspoon vanilla extract

*Substituted with 1/2 teaspoon cinnamon powder, 1/4 ginger powder, 1/8 teaspoon cardamom powder, 1/8 teaspoon turmeric powder, and a pinch of clove powder.

DIRECTIONS

1. Place a skillet pan over low-medium heat. Add the ghee.
2. Chop the apples into small bit size cubes. Make sure they are fairly similar in size for even cooking.
3. Add in the chopped apples and water to the hot pan. Sauté the apples uncovered for 4 to 5 minutes, stirring every minute.
4. Sprinkle on the spices. Stir well until the apples become evenly coated. Cook for an additional minute.
5. Take the pan off of the heat and drizzle on the vanilla extract. Stir one last time making sure all of the ingredients are evenly blended.
6. Enjoy this sweet treat as a healthy snack between meals. Ayurveda recommends to always eat fruit by itself for proper digestion. Aim to eat this dish at least 30 minutes before other foods or at least 2 hours after.
7. Store any extra in an airtight container in the refrigerator for up to 5 days; gently warm before eating.