

# Stewed Apples

A RECIPE BY CAROL NACE

## ingredients

- 1 medium red apples
- 2 cloves
- Spring Water
- 1/2 tsp chai spices or sweet masala
- 1 handful mixed nuts, soaked and chopped
- 1 TBSP raisins
- 1 tsp Ghee
- 1 TBSP chopped candied ginger



## directions

- Peel apple and chop into bite size pieces.
- Cook apples over medium heat in saucepan with cloves, spices and water. Cook until apples are soft. Remove cloves.
- In a separate pan, sautee nuts, raisins and ghee until nuts are light brown and raisins plump. Remove from heat.
- Place stewed apples in bowl and top with sauteed nuts, raisins and chopped ginger.
- Enjoy!

