



### **Stewed fruit 2 ways**

*For winter, the best fruits to use for stewing are the autumn fruits that store such as apples, pears, rhubarb and dried fruit. Heating the fruit makes it less cooling and more appropriate for this season.*

#### **Version 1: Apples and pears**

##### **ingredients**

Apple – chopped finely

Pear – chopped finely

¼ cup of water

A shake of cinnamon

A thumb size piece of grated ginger

##### **Method**

- Simply chop the fruit, grate ginger and shake in some cinnamon. Add to a saucepan with ¼ cup of water and place on a moderate heat. Heat until fruit is soft, but still remains shape

##### **Note**

- **Apples:** stimulate appetite, help digestion, protect lungs from cigarette smoke, help remove cholesterol and are cleansing for liver and gallbladder.
- **Pears:** good lung tonic eliminating excessive mucus and helpful against constipation.

#### **Version 2: Prunes and apricots**

##### **Ingredients**

Pack of dried prunes

Pack of dried apricots (sulphur free)

A shake of cinnamon

Water to cover

##### **Instructions**

- Before bed, place pack of dried prunes and apricots in dish with enough water to cover fruit.

- Next morning, place now rehydrated fruit in saucepan with the shake of cinnamon bring to boil and then simmer for 5 minutes.

**Notes:**

- **Prunes:** stewed prunes are a traditional remedy for constipation and are helpful for the liver.
- **Apricots:** high in the minerals copper and cobalt so useful for blood anaemia.
- **Cinnamon:** Warming, digestive and calming on the stomach.

**Serving:**

- Enjoy the stewed fruit with natural yogurt and chopped nuts, spoonful of flaxseed meal or some coconut shavings☺

Karen is a degree qualified Naturopath, Nutritionist & Herbalist. She has been working in clinical practice for the last 12 years. She is a member of the Australian Traditional Medicine Society (ATMS) and Naturopaths & Herbalists Association of Australia (NHAA). Karen is passionate about encouraging and guiding individuals to take control of their own health. She believes in educating people about their health conditions so they can feel truly empowered to make changes to their diet, health and lifestyle. Karen works at Northern beaches health & fertility on Thursdays and Saturdays. [www.karenlatter.com.au](http://www.karenlatter.com.au)