

## Gut Nourishing Stewed Apples

Prep Time: 10 Min | Cook Time: 10 min

### Ingredients

- 4 organic apples, washed, seeded, chopped, but not peeled!
- Filtered water
- 2 Tbsp ground cinnamon
- 2 Tbsp raisins (optional, sweet preference)



### Directions

1. Add apples, cinnamon, and optional raisins to a saucepan and barely cover with filtered water. Bring to a boil ~ about 8-10 minutes.
2. As the mixture is boiling, watch the apple skins. When the skins begin to take on a sheen, the apples are done. Turn off the heat.
3. If there is water leftover, you can drain it *or I personally use it to make [adrenal cream cider!](#)*
4. Eat 2-4 spoonfuls daily to support your gut lining and microbiome - enjoy!