

## COOKED APPLE PRE-BREAKFAST

*Divya Alter from What To Eat For How You Feel*

### INGREDIENTS

3-5 whole cloves  
1 medium apple  
½ tsp ghee

### METHOD

- Begin boiling ½ C water, ghee and cloves in a small saucepan while you peel and core the apple
- Cut the apple into bite-sized pieces and add to the hot water
- Bring to a boil, reduce the heat and cover
- Simmer for 5 minutes – or until the apple is soft and translucent but not mushy
- Drain the water, let the dish cool for a minute, and enjoy!

### NOTES

Ayurveda says that fruit in the morning is like gold. This is the best time of day to get the maximum nourishment from fruit. While raw apples can be cold, drying and might not digest as easily (especially if unskinned), cooked apples are warm and soft, like soups, and digests in a snap. Cooked apples, eaten first thing in the morning, optimize pH balancing, support regularity, strengthen digestion, and help to create ojas – the final and most refined by-product of digestion. Ojas contributes to enhanced vitality, strength, immunity, and overall well-being. According to Ayurveda, it is recommended that fruits be eaten first thing in the morning, 30 minutes before other breakfast items such as hot cereal.