

Functional Food

Prebiotic and Probiotic

Stewed Apples



Stewed apples are a simple and tasty functional food, which provide excellent as excellent source of fibre to nourish your good bacteria and polyphenols which have been shown to have immune-modulating function. Stewing the apples increases the bioavailability of these polyphenols and combining them with good bacteria help aidabsorption.



Your nutritionist will discuss with you which of the optional add-ons to include which best suit the stage of digestive repair that you are at.

Method:

6 eating apples, preferably organic, skins on
½ cup water
2 tsp cinnamon
Stew until soft and freeze in 6 portions

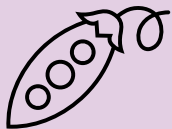


Take out one portion to defrost and add options below – please follow the directions of your nutritionist. Serving suggestions include:

- Eat 1 tsp before each meal/ snack throughout the day
- Consume as a snack
- Add 1-2 tbsp of natural/ coconut yoghurt, 6 chopped almonds (skin-on) and 10 blueberries to have as a breakfast.

Optional Add-on 1 – add prebiotic fibre

Add 1 tbsp milled flaxseeds as prebiotic/ resistant starch



This recipe is a great way to use up apples that are looking a bit wrinkly and past their best.

