

# Stewed apple

4 ingredients · 20 minutes · 6 servings



## Directions

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1. Peel and core the apples. Or leave the peel on for extra fiber!
2. Cut them into small pieces of equal size
3. Put all ingredients into a pan with a thick bottom and slowly bring to a boil
4. Stir regularly and let it cook for about 15 minutes until the apple pieces are soft and have mostly lost their shape
5. Eat warm or cold. You can keep it in the fridge for a three days.

## Ingredients

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**6** Apple (Bramley apples work best but other cooking apples are fine too)

**1/2 cup** Water

**1/2 cup** Organic Raisins

**2 tsps** Cinnamon