

## GUT HEALING STEWED APPLE

Apples contain pectin that increases a substance in our gut known as intestinal alkaline phosphatase (IAP) that protects our bodies, grabbing hold of bacterial toxins and escorting them out with our bowel movements. IAP helps protect against intestinal permeability (leaky gut) and has been shown to stimulate the good bacteria to colonise in the gut. Pectin can improve gut barrier function and plays a protective role through its modulation of the microbiome.

**SERVINGS:** 4

**INGREDIENTS:**

6 Organic Bramley cooking apples or apples of choice (if non-organic peel)

½ cup of water

½ cup of raisins/sultanas

2 tsp cinnamon

1 tsp turmeric powder (optional)

1 tsp organic lemon zest (optional)

**METHOD:**

Core the apples and chop into small pieces

Put all the ingredients into a heavy based pot. Gently cook over a low heat for around 15 minutes with lid on, stirring half way through (if it looks a little dry add a small bit more water) until the apples have softened and there is a slight sheen to the stew.

Serve warm with yogurt (coconut, soy or dairy) berries and some ground seeds and nuts (optional).

Store for 1 week in the fridge in an airtight container.

**ADDITIONAL NOTES:**

For healing purposes, consume at least 1 portion per day and up to 3 portions for immune modulating effect.

Note: Leaving the skins on is better but only if tolerated and organic if possible.