

Stewed Apples

With Coconut Butter



Ingredients:

6 organic apples
Fresh ginger, 1 inch, peeled
Ground nutmeg, a few pinches
Cinnamon, 2 tsp.
Vanilla extract, 3 capfuls
Coconut butter, 1-2 T. per apple

Directions:

1. Peel apples and place in a pot.
2. Add peeled ginger. Then add ground nutmeg, cinnamon, and vanilla extract.
3. Add 1 cup of water and bring to a boil.
4. Reduce heat to medium for 20 minutes.
5. Top each stewed apple with 1-2 tablespoons of coconut butter.



**Nutritional
Weight & Wellness**