

## Stewed Fruit

### **Ingredients:**

1 medium apple, diced\*  
1 medium pear, diced\*  
(Can also do 2 pears or 2 apples)  
6-8 Turkish apricots (the dark ones, no sulfur), choopped  
6-8 pitted prunes or dried figs, chopped  
2 large Medjool dates, chopped  
2-3 Tbs. cup golden raisins  
¼ large lemon, juiced  
¼ - ½ tsp. pumpkin pie spice or cinnamon  
½ tsp vanilla extract, or ¼ vanilla pod  
Dash of ginger powder and sea salt  
**Optional:** 2 tsp. ghee or 1 Tbs. shredded coconut

**Optional:** 1 Tbs. of Cashew or Sesame butter (for Blended Stewed Fruit: below)

### **Directions:**

1. Combine pear, apple, chopped dried fruit and raisins in a small sauce pan. Add in lemon juice, vanilla and additional spices (ghee and/or shredded coconut if using)
2. Cover mixture half way with boiling hot water and bring to a boil and then to a simmer.
3. Cook ~5 minutes or until mixture is warm, soft and all cooked.
4. Eat as is at room temperature or heated, or:
5. **Optional Blended Stewed Fruit Recipe:** Put everything in a blender with 1 Tbs. of Cashew or Sesame butter and blend slightly (don't over blend it)

**\*TIP:** This is an Ayurveda appropriate recipe. Cooking the pears and apples makes them easier to digest and this can be used as a healthy snack or dessert option, in all sorts of size portions. Can put on top of foods or eat as is. It's wonderful on top of my **Lentil Oat Cereal**.

**BONUS TIP:** Pre-portion out into containers and eat a small amount in the morning or for "dessert" to keep your bowels moving right along!

**Makes:** 3-4 servings

**Serving Size:** ¼ - ½ cup

**\* Remember to practice Conscious Eating so you thoroughly digest and absorb your food.**

### **This recipe could easily be made LEAP friendly! *What does that mean?***

LO Solutions offers the MRT test, which is the gold standard food sensitivity test for inflammation. Results are shown as reactive and safe, for 120 foods & 30 food chemicals. All untested foods are taken out of one's diet for a period of time, while we eat our safest foods for 2 weeks, and slowly increase foods over a 3-6 month period. This heals the body, calms down the immune system, and decreases inflammation and thus symptoms. Phase 1 incorporates 20-30 "approved/safe" foods and this recipe could easily be modified to include "your approved" foods. When you receive MRT test results, these are the types of personalized recipes I help create for your body & protocol. Contact Lila or read more [here](#).



*Lila Ojeda's*

Photo Progression:



*I prefer it blended:*

