

Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA

Poached Fruit with Cinnamon and Vanilla

Ingredients

5 brown pears

3 red delicious apples

1 vanilla bean

1 stick of cinnamon

Instructions

Cut apples and pears into 2cm chunks and place in large saucepan with 1 cup of filtered water. Cut vanilla bean in half and scrape out flesh. Add flesh to saucepan and the pod as well for extra flavour. Remember to remove the pod before serving. Break cinnamon pod in half and add to saucepan then simmer gently for 30 minutes. Place in single portion size containers and freeze.

Suggestions: I love using my stewed fruit in porridge, Bircher muesli, cereal, sweet cravings after dinner with natural yoghurt and chia seeds.