

**Equipment:**

Sauce pot

Makes: 2 servings

INGREDIENTS

- 2 organic apples
- ~1/3 cup filtered water
- 1 tsp grassfed butter (omit if dairy-free)
- 1 tsp cinnamon

STEWED APPLES FOR GUT HEALTH

DIRECTIONS

1. Wash, core and chop 2 organic apples into small chunks.
2. In a small sauce pot, add filtered water and butter and melt on medium heat.
3. Add cinnamon and chopped apple chunks and mix well.
4. Cover the pot and stew the apples for a few minutes. Keep checking on them to make sure they don't burn. Add more water as needed, and keep stirring regularly.
5. Stew for 8-10 minutes or until the apple skin becomes shiny to maximize the release of pectin. Apples should be soft and fork tender.
6. Transfer to a bowl and enjoy it hot or cold. FYI – it tastes like healthy apple pie.

GUT HEALTH BENEFITS OF STEWED APPLES

When you think of gut healing foods, bone broth and probiotic-rich foods are usually top of mind. But did you know that stewed apples are just as beneficial? And not to mention deeeelicious?!

Here are the scientific reasons why:

Rich in polyphenols: these antioxidant compounds work as [prebiotics](#) to create beneficial byproducts in the colon.

Probiotics are the good microorganisms...

Prebiotics feed the good bacteria...

And POSTbiotics are the healthy byproducts after your body digests the pre & probiotics, such as B vitamins, vitamin K, amino acids, antimicrobial peptides that slow down the growth of harmful bacteria, and even short chain fatty acids (SCFA) which help nourish colon cells.

Popular digestive aid supplements like Atrantil for example use polyphenols for that reason! Polyphenols also help inhibit the “inflammation traffic cop” called NF Kappa-b.

Rich in pectin: a soluble fiber that acts like a prebiotic that feeds beneficial bacteria and generates short-chain-fatty acids, which play a big role in gut immunity and the treatment of inflammatory bowel disease.

It's believed to be in part due to the improved quality of the gut barrier, making it less “leaky”. And there are many more studied benefits which are referenced here. Now you know why they say “an apple a day keeps the doctor away”.

TIP: Most pectin is released from the apple skin after ~8 to 10 minutes of cooking on medium heat or when the skin gets shiny, so avoid peeling your apples.

Enjoy eating stewed apples after a course of antibiotics or just simply as a healthy dessert.

Note: If you're allergic to apples, use pears instead. Also avoid stewed apples if you're following a low FODMAP diet.

Finally, for added gut healing benefits, consider sprinkling a probiotic capsule and/or arabinogalactan powder once cooled.