

Ayurvedic Apple Madness Recipe Series 2011

Sweet Spice Mix

This one works great anywhere you want sweet taste and creates a warming digestive aid. Use generously. I usually grind my own spices, but these 3 don't grind up easy, so I buy them powdered and mix them in a glass shakey jar from Bed Bath and Beyond (99cents).

- 2 Tbsp ground cinnamon
- 2 Tbsp ground ginger
- 1 Tbsp ground cardamom

Stewed Apples

- 2 Apples, peeled, cored, and sliced
- 4 dates, cut in half
- 2 c water
- 1 Tbsp maple syrup (optional)
- 1 Tbsp grated, fresh ginger root
- 1/4 teaspoon sweet spice mix

Boil it all over high heat, then simmer on med-low for 5 minutes. Blend about 1/3 of the mixture until smooth, stir back in with the chunks and serve. A hand blender works here. Lazy? Sure, fine, don't blend it just eat it.

Kaphas sub raisins for dates, omit maple.

Baked Apples

- 4 Large apples, cored. A softer variety like local Cortland works well.
- 1 / 4 dried cranberries
- 1/2 cup raisins
- 4 dried figs, finely chopped
- 2 dried apricots or dates, finely chopped
- 1tsp ginger powder, 2 tsp cinnamon, 16 whole cloves
- 1 cup apple juice or cider
- 4 tsp raw honey (optional)

Oven at 350. Mix all the stuffing and let it soak while you... Core apples without piercing skin on bottom. Stuff it in, letting some sit on top of apples. Pour remaining over apples. Pierce each apple with 4 cloves. Bake 25

minutes or until tender. Top with honey if needed. This will make your house smell like a holiday, and makes a festive offering without flour or sugar.

Ghee Bomb Apples

The easiest recipe yet:

Stir-fry one apple in a tsp ghee, add a Tbsp or 2 of water if it sticks. Top with sweet spice mix. A light, warm breakfast. Note: this works great with peaches too.

Apple Butter

Simmer 6 chopped apples down with $\frac{1}{4}$ cup apple cider and 1 Tbsp maple syrup for 30 minutes. Add sliced ginger root, cardamom and cinnamon to taste while its cooking. Blend with a hand blender or food processor to puree. You can also use half pears. This is great on squash and in oatmeal.

Spiced Kate Crisp

Peel and slice 8 apples, lay in a larger baking dish and sprinkle with sweet spice mix. For crust, mix $\frac{1}{2}$ cup oats, $\frac{1}{2}$ cup oats made to flour in the blender, $\frac{1}{2}$ cup ghee, $\frac{1}{4}$ cup maple syrup (opt. you can also top with raw honey before eating), and a generous sprinkle of sweet spice mix, and perhaps shredded coconut. Mash up the mixture until its uniform and spread with your hands over the apples. It's up to you how you ratio the apple to the crisp. Bake this for about 30 minutes at 350, until brown on top.

Marissa's Apple Crisp (the real deal)

www.nourishhealthandwellness.com

- 5 cups apples, peeled and sliced
- 1 $\frac{1}{4}$ tsp cinnamon
- 1 cup oats
- $\frac{1}{2}$ cup brown rice flour
- $\frac{3}{4}$ cup maple syrup
- 6 tbl butter

Toss apples with $\frac{1}{2}$ tsp cinnamon and layer in the bottom of a 13x9 baking dish. Combine oats, flour and remainder of cinnamon. Break in butter, then add maple syrup. Spread over the top of the apples. Bake at 350 degrees for

30-40 minutes - until apples are soft and bubbly and top is brown and crisp.
Serves 6-8

Variation options:

Add dried berries or chopped nuts to the apple mixture.

Add chopped nuts or flax meal to the topping.

Combine apples and pears.

Top with a dollop of frozen yogurt, gelato, coconut milk ice cream, or ice cream.

Note: If you use gluten free oats this is a gluten free recipe

Baked Apple Oatmeal!

Courtesy of my favorite NYC food-blogger Laura

Olson: www.eatdrinkandbeyogi.squarespace.com

If you're like me and head out the door for practice early, then have to break-fast on the run, you'll love these sweet little baked oatmeal "cakes". Makes 2 muffin sized cakes, 2 very dainty breakfasts or one hearty one!

Ingredients: 1/2 cup oats 1/4 tsp vanilla extract 1/2 tsp cinnamon—or more, I like a lot! (or 1/2 tsp pumpkin pie spice, or use Kate's Sweet Spice blend) 1 -2 T Maple Syrup or Agave (about 1 1/2 is where I land) 3 T unsweetened applesauce 1-2 T grated apple 1/4 cup almond milk, coco creamer or your choice of liquid (water works too) heaping 1/16th tsp salt

Preheat oven to 375 degrees.

Combine raw oats, spices, applesauce, apple, and liquid. Pour into a mini loaf pan or 1-cup ramekin (or, for the daintier among us, two 1/2 cup ramekins or muffin cups). Cook for 15-20 minutes, or more until it's firm. Set your oven to broil and crisp the tops (optional) 2-3 minutes.

Top with nut butter, cashew cream, a drizzle of maple syrup and more spice, more warm cooked apples (like Kate's "jam") or even split in half and fill with any of these options for an oatmeal sandwich. Mmmm, how about coconut butter?

Mom's Apple Cups (Laura Olson)

Cut an apple in half horizontally.

Scoop out the core, leaving an opening perfect for filling.

Fill to overflowing with your favorite nut or seed butter. Mine are almond, walnut and sunflower.

Sprinkle with your favorite toppings. How about raisins and Kate's sweet spice mix? Or coconut and cacao nibs? A drizzle of maple syrup is SO decadent.

Eat with many napkins nearby!

Gingerbread Apple Overnight Oats:

Ingredients:

About 1/3 cup apple, grated, with juices

1 heaping tablespoon chia seeds

Scant 1/3 cup oats (gf if you like)

1 cup almond milk

1 tablespoon molasses

1 tsp apple pie spice or your fave mix of cinnamon, nutmeg and ginger

Splash vanilla extract

Stevia to taste

Directions:

Put all ingredients in a bpa-free covered container and shake, shake, shake.

Do this intermittently for about five minutes, then place in the fridge for a few hours or overnight.

Eat.

You can top this with a sprinkle of walnuts, more chopped apple, some of Kate's cooked apple "jam" or even some sliced bananas and more molasses.

I happen to like the spiciness of the molasses, but if it's too much for you, reduce to 1 or 2 teaspoons and add some maple syrup to tone it down. This is also great with a scoop of cooked pumpkin puree, maybe half a cup, but the recipe is so forgiving you can do almost anything to it. In fact, I think my favorite way to eat this most of the time is with no oats at all. Wait, I guess

that makes it...

Spicy Gingerbread Apple Chia Pudding

Ingredients:

2 heaping tablespoons chia seeds
¾ cup almond milk
grated apple to taste
2 teaspoons or so molasses
1 tsp spice blend of choice
stevia and vanilla to taste

Place all ingredients in a bpa-free container and shake away! Do this intermittently for five minutes or so then place in the fridge for at least half an hour. Devour!

I generally eat both the VOO and the Chia Pudding with a floater of almond milk and a few walnuts on top, maybe a teeny extra drizzle of molasses and a sprinkle of spice. But that's me. I'm decadent.

Alexis's Curried Apple Butternut Squash Soup

Ingredients:

1/2 oz minced garlic
4 1/4 oz diced celery
5 1/2 oz diced onion
2 3/4 oz diced leeks
1 1/2 qt vegetable stock or water 1 tbsp curry powder
1/2 tsp garam masala
1/2 tsp coriander
1/2 tsp cardamom
1 tbsp ground cinnamon
1 1/2 lb butternut squash
3 lb chopped, peeled red apples (Jonagold, Gala, or Honey Crisp) 2--3 tbsp
kosher salt
1--2 tbsp ground black pepper 2 cups goat's milk

Garnish:

6 oz diced apples
1/4 oz finely chopped chives Garam Masala

Method:

In a soup pot, sweat the garlic, celery, onions, and leeks in a small amount of ghee until the onions become translucent. Add in the spices and stir, until the mixture becomes fragrant. . Add the butternut squash, stir to incorporate the spices, onion, garlic, celery, and leeks. Pour in the stock (or water), bring to a boil and then simmer until tender, approximately 8 minutes. Reduce to a simmer. Add the apples and continue to simmer until the apples are tender, another 5 minutes.

Once all the ingredients are tender, using either an immersion blender or food processor, puree the soup until smooth. Stir in the goat's milk. Season with salt and pepper. Ladle 6 oz to 8 oz of soup into a bowl and garnish with diced apple, chive, and dust with garam masala.

Yield: 3 quarts

Contact Alexis.