



Better Health through Digestion with an Ayurvedic Diet

Apple Chutney with Indian Spices

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Type: Fruits
Meal: Snack-Dessert
Servings: 10
Prep Time: 5 minutes
Cook Time: 60 minutes

ayurvedic notes

Raw apples are sour and astringent but cooked apples are sour and sweet, making the palate and the digestive tract juicy. Cooked apples provide plenty of fiber to relieve Vata constipation. Turmeric and spices make this chutney warm.

about

Sweet, sour and savory, a delicious and warm way to enjoy apples during the winter months.

ingredients

		Weights & measures
4 c	Apple (cooked)	V P K
1/2 tsp	Cumin	V R K
1/8 tsp	Fenugreek	V R K
1/8 tsp	Ginger (Dried)	V R K
1/8 tsp	Green Chilis	V R K
1/8 tsp	Hing (Asafoetida)	V R K
1/2 tsp	Mustard Seed	V R K
1/4 tsp	Nutmeg	V R K
1/4 c	Raw Sugar	V P K
1/2 tsp	Turmeric	V R K

preparation

Skin and core apples. Slice into thin slices.

Make a paste with dry spices (excluding cumin and mustard seed) and a teaspoon of water. Sauté mustard seed and cumin seeds in ghee until mustard seeds begin to pop. Then add spice paste.

As the spices begin to brown add apples, sugar chilies, and a 1/4c water. Bring to a boil. Lower heat to simmer and cook until soft.

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