

## Easy Baked Apple, Balance Vata, Pitta Doshas

Betty Brown

Serves 6-8

### Ingredients

- 6-8 organic apples, any kind except Granny Smith, with the skin on and the core removed
- 6-8 Medjool dates, pitted
- 1 tsp cultured ghee
- 1/2 tsp Spices-cinnamon, cardamon, nutmeg- you choose the blend or individual spice (optional)
- Topping- coconut cream (try Thai Kitchen, optional)

### Preparation

1. Place apples in a pie plate or other baking dish.
2. Insert 1 pitted Medjool date in the center of the apple
3. Drizzle apples with ghee
4. Sprinkle apples with spices
5. Cover with another pie plate or foil, then bake at 375 deg F for 25-30 minutes, or until apples are soft.
6. Serve warm. For an extra special treat, add a little coconut cream drizzled on top, enjoy!

### Note:

Good for Kapha dosha-add spices, a pinch of ground clove, decrease ghee to ½ tsp and omit coconut cream.



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