



# POACHED APPLE WITH SEEDS

*This Recipe is ideal for: a light, pranic breakfast , a snack inbetween, as is- or as an addition for Breakfast Porridges.*

*Ayurveda teaches us to keep fruits apart from other meals and food groups like grains , diary products, meats, legumes and veggies.*

*However a few exceptions are made especially when we add a little heat e.g. either sauteeing or poaching the fruit. Giving your fruit a little warmth through heat source or with warming spices - it makes fruit more digestable as we pick up the digestive fire through sauteeing or poaching without losing vital vitamins and Prana.*

*Eating fresh raw vitamin rich fruit bring a lot of Prana ( Lifeforce) into your system. However on the downside, it could lead to bloating and flatulence especially when eating while moving or when eaten hasty manner and Mind.*

*It is important to remember that we should not consume fruit with Dairy, as this could add to your liabilities in terms of toxins, as we have 2 opposing energetics (sour taste & simultaneously sweet taste leads to fermentation ), which create toxins in the Gut. One should also not mix Acidic Fruit like Citrus, Pineapple or Strawberries with Sub acidic fruits like apples, pears, apricots, blue berries or peaches.*

*The spices are our little digest agents and balancers as they ensure good transformation of food and with addition of ghee enhances absorption.*

*It is not advised to mix raw foods together with cooked foods as there is a difference in stages of “transformation” breaking down nutrients and liberating the elements.*

*In Ayurveda we like food to be moist and warm for optimal digestion.*

*If this Recipe is prepared as a stand alone meal - you would need to increese the fruit quantity to offer a proper satiating feeling. Remember this is a super light meal option.*



PREP TIME  
**5 MIN**



COOK TIME  
**5-8 MIN**



SERVINGS  
**2 SERVINGS**

## Instructions

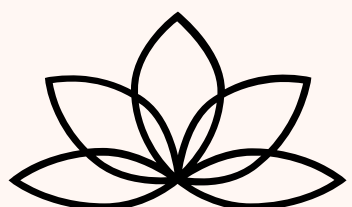
1. Peel apples/ pears and cut into 6 -8 pieces
2. Pour water into skillet & add all ingredients except the seeds
3. bring to a gentle boil and immediately lower the heat and gently simmer for 5 min only. (Fruit does not have to be mushy)
4. Dish up and sprinkle with prepared roasted seeds.

## Doshic Adjustments

**# best for vata:** Sesame, Poppy, Chia, Hemp

**#best for Pitta:** Chia, Hemp, Pumpkin, Sunflower, safflower

**#best for Kapha:** Flax, Pumpkin, Sunflower, Caraway safflower



**NOURISH-FLOURISH**

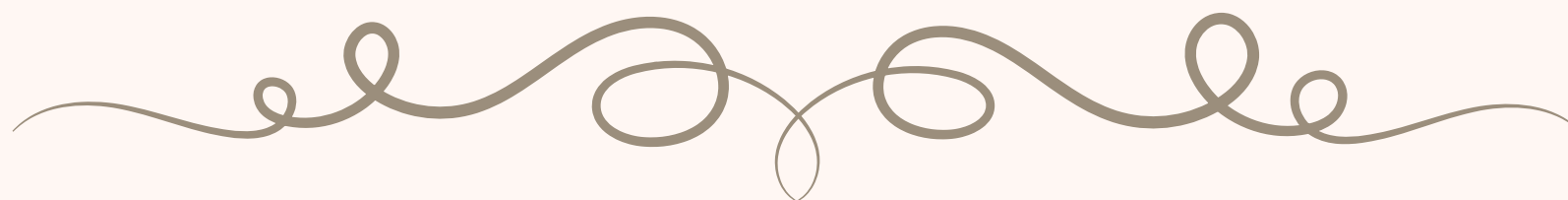


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## Ayurvedic Notes



**VATA & PITTA & KAPHA :** balancing  
**TRIDOSHIC**

**(VPK-)**

**Taste/ Rasa:** mainly SWEET

(sweet fruit e.g. Apples cooked, pears, black berries, raspberries, blueberries= all Sub acidic fruit)

**Elemental Construct:** mainly Earth & Water, more acidic fruit has an added fire element. Thus adds a bit more SOUR taste

**Qualities:**

**Post digestive effects on the Body:** Cleansing on tissues due to pungent properties after digestion.

**Subtle effects :** Cooling, Increases Prana, keeps Tejas in check, feeling of lightness & vitalizing

### WHAT IS PRANA?

Prana is same like CHI in Traditionla Chinese Medicine and LIFE FORCE/Energy in Ayurveda.

It the vitalizing energy which is found in fresh, whole and organic food. Normally pranic food is highly infused with light from the sun, which is converted to energy. Prana is essential for one's Vitality, Consciousness and level of vibration, the movement & distribution of energy (the firing of neurons), nutrients through the channels of the body leading to clarity and vitality.

We have high vibrating Pranic food as described above, but we also have low vibrating/ negative Pranic food.

Low Pranic foods contain almost no/no Life force.

e.g.

Food that was frozen, microwaved, canned, processed is considered "dead" food.

Meat is considered low pranic food as it contains negative energies derived from the emotional onset from the slaughtering process and stressful confinements animals are kept in and animal transportation.

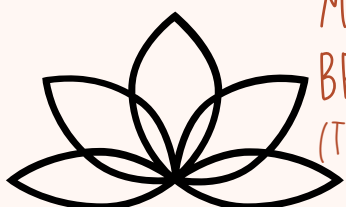
Meat is mostly frozen and processed & thus considered 'dead' food.

Low Prana leads to inertia in the body and dullness of the mind and often depressive states due to the lack of Light.



"AND WHEN YOU CRUSH AN APPLE WITH YOUR TEETH, SAY TO IT IN YOUR HEART - YOUR SEEDS SHALL LIVE IN MY BODY, AND THE BUDS OF TOMORROW SHALL BLOSSOM IN MY HEART, YOUR FRAGRANCE SHALL BE MY BREATH AND TOGETHER WE SHALL REJOICE THROUGH ALL THE SEASONS"

(THE PROFET- KHALIL GIBRAN)



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