



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992



Recipe: Baked apple with cinnamon and honey

One small baked apple can give you a lot of warm, easily digestible energy to start your day. This healthy energy boost nourishes the heart and muscles, supports bodily functions and prevents constipation. It promotes blood formation and, as a tonic for the respiratory tract, helps in conditions such as asthma and chronic bronchitis. This recipe brings gentle sweetness and warmth to pacify Vata Dosha and can be recommended as a dessert as well as for breakfast.

Ingredients for 2 persons

- 3 small apples
- 20 skinned almonds
- 10 dried dates, minced
- ½ teaspoon of aniseeds
- 1 full tablespoon of Ghee
- 2½ cinnamon sticks;
pound ½ stick coarsely in a mortar
- heaped tablespoon of fresh ginger,
minced very finely
- 4 tablespoons of acacia honey
- juice and zest from a small orange
- 1 teaspoon of almond oil
- 4 star anises
- a few mint leaves

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Rezept: Kleiner Bratpfel mit Zimt und Honig

Preparation

Cut off the upper third of two of the apples; put aside as lids. Hollow out the apples with a melon baller.

Filling

Heat the Ghee and briefly sauté the aniseed, half of the ginger and the pounded half cinnamon stick in the Ghee. Add the dates, some orange zest and 10 chopped almonds, stir well and fill into the apples. Put the lids on and bake the apples in the oven at 180 degrees for about 15 minutes.

Sauce

Mix the orange juice well with the acacia honey (don't heat above 40 °C), the remaining ginger and the turmeric.

Decoration

Cut decorative shapes from the third apple, lightly roast the almonds in almond oil. Also decorate with a few mint leaves, star anises and orange zest.

