

# Autumn Simmered Apples with Pineapple Guava

4-6 tart organic apples, peeled, cored and roughly chopped

10 pineapple guavas, cut in half and fruit scooped out

2 cups water

1/3 cup coconut sugar

1 tsp ground cinnamon or 1 cinnamon stick

2 tsp pure vanilla extract or 1 vanilla bean, sliced lengthwise

3 whole cloves

1/2 cup walnuts

In medium saucepan, combine chopped apples, pineapple guava pulp, water, coconut sugar, cinnamon, vanilla and cloves. Bring apple mixture to a boil then reduce heat and simmer for 15-20 minutes or until soft. Remove spices before serving.

Serve over breakfast oatmeal, French toast or favorite vanilla frozen dessert. Garnish with walnuts.

*Recipe by Garden Chef Megan McCarthy*



ATLANTA BOTANICAL GARDEN