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COMPOSITE OF DATES, APPLE AND CINNAMON

Ingredients (serves 4)

- 6 large apples
- 10 pitted dates
- 8tbsp Coconut blossom sugar (Amanprana Gula Java Brut)
- 1/2tsp cinnamon
- 200ml water
- 1 lemon, the juice

Preparation

Preparation Compote of dates, apple and cinnamon

Peel the apples, remove the core and cut into uniform cubes. Remove the pit from the dates and cut into small pieces. Heat a pan and put in four scoops of coconut blossom sugar along with 4 tablespoons of water. Preheat until you get a slightly thicker syrup. Add the apples and dates and let it caramelize and brown slightly for about 2 minutes. Keep stirring, add the juice of the lemon as well as the water and let it reduce. At the very end, add the cinnamon and stir well. The compote is ready as soon as you have an equal amount of somewhat crispy and semi-soft pieces of apple. Serve warm after sprinkling with some extra cinnamon. Enjoy!

Gluten free



Vegetarian



Vegan



Raw food

