

## Bluelady's Recipes

# Cooked Apples with Cloves

### Ingredients:

1 whole sweet apple, cored & peeled

5 whole cloves  
1/4 cup of purified water

### Procedure:

1. Dice apple into small pieces.
2. Place cloves, apples and water in a covered pot.
3. Cook apples until they are soft.
4. Discard the cloves, cool slightly, and enjoy.

From [www.mapi.com](http://www.mapi.com)