



### **Poached Ruby Apple Slices**

*With refreshing, chilled fresh blackberry sauce*

2 (6 ounce) containers fresh organic blackberries, washed

1 cup water

1 cup white grape juice or water, if desired

1/2 cup water

3 medium-sized apples, washed, cored sliced

1 teaspoon pure vanilla or almond extract, optional

1. Place blackberries in a medium sized saucepan; cover with water and juice. Bring to a boil, over medium high heat. Boil berries over a medium heat about 5 minutes.
2. With a potato masher, mash the berries in the liquid; continue low boiling the berries for 5 minutes.
3. Remove from heat; pour into a strainer over the medium bowl or the saucepan. Place the blackberry seeds in another bowl, stir in 1/2 cup water.
4. Pour seeds and liquid through a strainer into the saucepan. Discard the blackberry seeds.

5. Place the sliced apples into the blackberry juice, bring to a low boil. Cook apples about 5 minutes or only until apples are al dente or as tender as desired. Do not overcook or they will be mushy. (We like to cook them al dente, tender with a little bite.) Remove from heat, if desired add vanilla, almond extract, or leave the fruit with the refreshing blackberry taste. Place in a medium sized bowl, cool. Place poached apples in juice in refrigerator covered to chill overnight.
6. Serve chilled apples in juice in small dessert dishes. Serves: 4

**Cook's Note: Why blackberries?** Blackberries offer many health benefits. They're full of vitamins and minerals like C, K, and manganese, high in fiber, and may boost brain health. See link:

<https://health.clevelandclinic.org/benefits-of-blackberries/>

**Why apples with skin?** Fiber, insoluble and soluble, Phytochemicals (quercetin, catechin, chlorogenic acid, anthocyanin), Vitamin C. The skin of the apple has lots of fiber and a majority of flavonoids. See link: <https://www.hsph.harvard.edu/nutritionsource/food-features/apples/>

**About the Recipe:** Poaching the apples in blackberry juice is a light, refreshing dessert to serve. The apples shimmer like jewels, especially if you use different kinds of apples with different skins. This technique can be used with other fruits, flavors, or spices. Treat yourself to a healthy light dessert tonight.