



Apple and Pear Soup

Ingredients:

(Serves about 4 persons)

Apple	1 piece
Pear	1 piece
Dried date	1 piece
Sweet and bitter apricot kernels	Small amount
Water	6-7 cups

(Remark: 1 cup ≈ 240 ml)



Method:

1. Wash and core the apple and pear. Cut them into sections and set aside.
2. Wash the dried date. Set aside.
3. Pour water into the pot and add all the ingredients.
4. Bring all the ingredients to the boil over high heat, then simmer over medium heat for 1 hour and serve.



Nutrition Tips

1. Prepare drinks using sweet apples and pears are healthy and reduce the amount of sugar added
2. Besides fresh fruits, dried fruits without added sugar such as dried apples and dried pears are healthy choices.