



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Autumn's Bounty Ratatouille

- 1 large Quince Fruit, ripe, peeled, seeded, diced  
(if not available, may substitute with apple)
- 1 med. Organic Apple, ripe, peeled, seeded, diced
- 1 large Organic Pear, ripe, peeled, seeded, diced
- 4 Tbsp. Organic Raisins (golden or dark)
- 1 tsp. Powdered Cinnamon
- ¾ tsp. Powdered Ginger
- ½ tsp. Powdered Nutmeg
- 1-1½ c. Filtered Drinking Water  
(alternatively, organic apple juice)  
(approximate volume – may need to add more)
- 2 Tbsp. Honey, Agave, or Maple Syrup (optional)



1. Place water and diced quince in a saucepan on medium heat.
2. Add cinnamon and ginger and allow to simmer or gently boil.
3. Approximately 10 minutes later add apple chunks and continue cooking.  
Add liquid as needed.
4. At 15 or 20 minutes into cooking time add the peeled pear and the nutmeg.  
Add more liquid if needed.
5. Cook for a total of 35 minutes, until all fruits are soft, and the spices are well distributed.  
Enjoy!

*Add optional sweetener if desired, during last five minutes of cooking. Serve hot or cold as a desert or side dish.*

You may find it interesting to look at the history of compotes, which have been prepared since medieval times. <https://en.wikipedia.org/wiki/Compote>