By leaving the peel on apples when making an apple sauce, the pectin is released and comes to the surface of the skin, making it readily available for the small intestine to help inoculate the gut microbiome and build the good bacteria.

Pectin feeds and increases an important brush border enzyme called *Intestinal Alkaline Phosphatase (IAP)* that helps to protect and support the gut. IAP helps to lower cholesterol if it is too high, lowers triglycerides if too high, helps to stabilise insulin sensitivity (stabilises blood sugar) and helps to reduce harmful endotoxins, known as *Lipopolysaccharides (LPS)* by 75% in your blood stream. It helps to stimulate the good bacteria, helping them to grab onto the walls of your intestines to sty there and form colonies. (Information from Dr Tom O’Bryan)

**Recipe**

* Take 5-10 organic apples
* Remove the seeds and dice but DO NOT PEEL
* Add water 1/3 of the height of the apples
* Add cinnamon if desired (use Ceylon cinnamon, which is the “true” cinnamon)
* Turn on high and when you see a shine on the apples, turn it off
* The shine means you have released the pectin from the apple and it is now on the surface

Eat a tablespoon or so each day.

I froze mine in a silicone muffin tray (Lakeland) and then put them in silicone bags in the freezer. I don’t like to use plastic (these ones were from Amazon - https://www.amazon.co.uk/gp/product/B0897JNL7W/ref=ppx\_yo\_dt\_b\_asin\_title\_o06\_s00?ie=UTF8&psc=1)



