

Apple chutney (vegan)



 15 min.  38 kcal  SteviaSweet Crystal

Preparation

Peel and dice the apples. Chop the onion, garlic and ginger.

Heat the rapeseed oil in a pan. Steam the onion, garlic and ginger over a medium heat until the onion is translucent. Add the diced apple and cider vinegar. Cover and leave to simmer for 10-15 minutes, stirring occasionally.

Once the apples are soft, add the [SteviaSweet Crystal](#), spices and raisins. Bring to the boil.

Serve cold with meat dishes, a barbecue or cheese.

Ingredients for 14 servings

450 ml	cooking apples
1	onion
1	clove of garlic
1 tbsp	fresh ginger
1 tbsp	rapeseed oil
50 ml	cider vinegar
100 g	SteviaSweet Crystal
1/2 tsp	salt
1/2 tsp	cinnamon
60 g	raisins

Nutritional information per portion

38	kcal
162	kJ
0.5	g Protein
7.5	g Carbohydrates
1	g Fat