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I bought some imperfect apple from supermarket.



My “imperfect” meal by using the “imperfect” apple.



This is one of my favorite sweet soup, apple red dates soup. It is a famous soup in China. Apples is believed to attribute to healthy heart. The antioxidant compounds found in apples, help prevent LDL cholesterol from oxidizing and inhibit inflammation. Also, the soluble fiber in apples can lower bad cholesterol levels.

I use stale apples, then peel them. Place peeled apples and red dates in a pot of water and bring to boil. Reduce heat and simmer for an hour. Because apples are so sweet, so that it is not necessary to add any sugar.

My husband and my kids like this soup very much. This “imperfect” meal tastes perfect! After the meal, we have some soup left. I put it into fridge which is the best way to keep its flavor. We plan to finish it within two days. By the way, we didn't throw away the apple core. We use it to compost with other things and plan to grow our own vegetables in our backyard next year.

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