

The Challenge to a Healthy Life 2021-RO01-KA220-SCH-000024460



Recipe for traditional oshav (boiled mixed fresh and dry fruit)

To prepare your favorite oshav, we will need:

- 3-4 liters of water;
- Half a lemon juice;
- 300 g of dry plums;
- 50 g of dry apricots;
- 100 g of raisins;
- 3-4 fresh apples;
- 2-3 fresh pears;
- 10-15 spoons of brown sugar.



Method of preparation: To begin with, you should start with washing all fruits. The fresh fruits should be cut in small pieces and the dry fruits are put as whole. Then put the potful of water to boil on the stove. When the water starts to boil, put the dry plums and dried apricots to boil for 20 minutes.