Ingredients

* 16 apples, diced into cubes
* 1 cup sunflower seeds, toasted
* 2 sticks cinnamon, ground
* 3 teaspoon of grated ginger
* 12 cardamom seeds, toasted and ground
* 1 cup of honey
* 2 cups of grape juice

Procedure

1. Heat a non-stick skillet on low. Add the cardamom pods and toast for 1 minute. Take seeds out of pods and place in mortar and pestle, along with the cinnamon sticks. Grind into a powder.
2. Next, toast the sunflower seeds for 3 minutes, until smoky. Reserve in metal bowl.
3. Chop Apples into cubes and add to metal bowl and cover with grape juice.
4. Mix all ingredients together.