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"5-Ingredient Date
Caramel"

HARVEST OF THE MONTH

Ingredient: Apples

Date Caramel

PREP TIME:	20 minutes mins
COOK TIME:	0 minutes mins
TOTAL TIME:	20 minutes mins
SERVINGS:	4 Servings
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INGREDIENTS

1 cup medjool dates (pitted and chopped)
¼ cup nut or seed butter of choice
1 tsp vanilla extract
¼ teaspoon salt (to taste)
Regular or dairy-free milk (for thinning)

INSTRUCTIONS

1. Place pitted, chopped dates in a blender or food processor. Pulse to breakup dates, then blend/process until smooth paste forms. Stop and scrape down the sides as needed.
2. Add nut/seed butter, vanilla, and salt to dates. Process until smooth. If needed, add a little milk and blend again until desired consistency is reached.
3. Transfer to a jar with a tight-fitting lid and store in fridge until ready to use.