



RAW SALTED CARAMEL DIP

2 cups pitted Medjool dates
¼ cup raw nut or seed butter (almond, cashew, sesame tahini, sunflower)
4 teaspoon lemon juice
½ teaspoon sea salt (or more to taste)
1 vanilla bean, seeds scraped
soaking water as needed

Red or green apples for serving.

Soak dates for at least 4 hours in water.

Drain dates, reserving the soak water.

Add dates to a food processor along with all other ingredients, except for soaking water - blend on high until dates are smooth.

Add soaking water, 1 tablespoon at a time until the desired consistency is reached (for a sauce to pour or drizzle, add more water).

Store in an airtight glass container in the fridge for up to a week.

Serve with red or green sliced apples.

Tips: Also try spread on toast for breakfast, with bananas; use as a raw tart filling and place sliced apples and dusting of cinnamon on top; even try serving with celery!