

DADDELIDOO

INGREDIENTS:

**10-12 dates, soaked for 5 hours
or boiled until they are moist.
4 tbs cacao
1 tbs of good oil, extra virgin
canola oil or some other
neutral flavored oil.**

PREPARATIONS:

1. *Put the ingredients in a food processor until it is a spread.*

DADDELIDOO

INGREDIENSER:

**10-12 dadler, bløtlagt i 5 timer
eller kokt til de er myke.
4 ss kakao
1 ss god, nøytral olje, ekstra
jomfru rapsolje eller lignende.**

FRAMGANGSMÅTE:

1. *Ha det i en food prosessor til det er smørbart.*