

CARAMEL DIP
Serving 2 cups

INGREDIENTS:

1 cup dates soaked in 1 cup of water for at least 4 hours
1 to 2 teaspoons freshly squeezed lemon juice
1 teaspoons vanilla extract
1 tablespoons nut/seed butter of your preference
1/4 teaspoons Himalayan/sea salt

PREPARATIONS:

- 1. Drain the dates and reserve the soak water.*
- 2. Add all the ingredients to a food processor except the soaking water, and process until smooth.*
- 3. Add the soaking water 1 tablespoon at a time until you get the desired consistency.*
- 4. Store inn a airtight glass container in the fridge for up to a week.*