

UC-VEG

Umpqua Community Veg Education Group

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Apple with Date Caramel

Ingredients:

- 2 Apples
- 4 Dates

Soak the dates in warm water for 30 minutes.

Add dates to food processor, reserving liquid. Turn on food processor and slowly stream in soaking liquid until dates form a smooth, caramel-like texture.

Cut apples into slices and dip into date caramel. Store any leftover date caramel in the refrigerator or freezer.

