

FRUIT LAX

pitted dates	125 mL	(1/2 cup)
prune nectar	310 mL	(1 1/4 cups)
figs	125 mL	(1/2 cup)
raisins	200 mL	(3/4 cup)
pitted prunes	125 mL	(1/2 cup)

Simmer dates and prune nectar until dates are very soft. Put date mixture in a food processor and add figs, raisins and prunes. Blend to a smooth paste. Store in the refrigerator.

Use on toast, crackers, ice cream etc.

Yield = 2 cups

1 tbsp = 45 calories & 1.0 grams of fibre

*If a thinner product is desired, more prune nectar can be added.

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.