

Karen's Dried Fruit Spread

Soak over night: (cover by 2 inches in jars with water)

1 cup raisins

3-4 dried figs

1 ¼ cup dates



Directions: Pour off water of raisins and figs and put into blender, then saving the water from the dates, pour off and put dates into blender. Using the date “water” add little at a time and blend the soaked raisins, dates and figs to get a “butter” consistency, thick enough to spread on bread. Put into an empty peanut butter jar with the lid on and keep refridgerated. This is a highly nutritious, easy to make butter for bread. Can be kept in the fridge 3-4 weeks.