

EASY HOMEMADE FRUIT PASTE

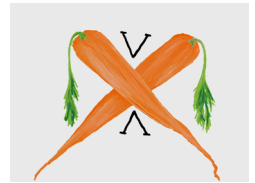


MAKES: 1/2 - 1 CUP

PREP TIME: 1-2 HOURS SOAKING

ACTIVE TIME: 5 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1/2 cup DRIED, unsweetened
apricot, mango, berries, dates,
cherries, raisins, or fruit of choice
(~95 grams)

1/4 - 1/2 cup filtered water
(depending on the texture you
prefer; less water = more paste-
like)*

1 tsp vanilla extract or 1 vanilla
bean, scraped

METHOD

In a small bowl, cover dried fruit completely with filtered water. Allow to soak for 1-2 hours, or until fruit appears to plump up slightly and soften.

Add to the bowl of a food processor along with water (start with 1/4 cup) and vanilla.

Blend until desired texture is reached, scraping the sides as needed to ensure even blending. Add more water if needed.

Store in a sealed container in the refrigerator for 1-2 weeks. Alternatively, freeze for 1-2 months. The mixture should not freeze completely so it will be easy to scoop out small amounts as needed!

Use this fruit paste as a natural sweetener in both sweet and savory recipes, add it to toast with some almond butter, or mix in with non-dairy yogurt! So many possibilities for this 100% fruit paste!

NOTES:

*If you plan to use this fruit paste in baking recipes, try to use as little water as possible. A runny paste may affect your results!

NUTRITION:

Serving Size: 1/4 recipe Total Calories: 416 Total Fat: 9 g

Sodium: 250 mg Potassium: 771 mg Total Carbohydrate: 54 g

Fiber: 13 g Sugar: 5 g Protein: 10 g

Vitamin A: 20% Vitamin C: 71% Calcium: 6% Iron: 14% (Percent Daily Value)