

THE OLIVE AND THE GRAPE

440-257-0778 www.theoliveandthegrape.biz

Apple & Dates Sweet Spread

Ingredients:

2 small sweet apples peeled and cut into 8 wedges

2 cups walnuts

½ cup yellow raisins

½ cup black raisins

6 Medjool dates pitted

Pinch salt

4 teaspoons ***Hawaj Coffee Spice***

1 cup sweet red wine or pure grape juice

Mix all ingredients in a food processor until smooth. This can be stored in the refrigerator and will keep up to a month.

Serving Suggestions:

For a healthy breakfast spread a generous amount of the sweet spread on a toasted slice of whole wheat bread.

Or place the spread in a bowl and dip in unsalted crackers.

Items in ***bold italic*** are available at THE OLIVE AND THE GRAPE.