

Butterscotch Pudding

1 Cup Dried Apricots*, soaked overnight in water

2 Peeled Bananas

8 Dates, soaked 20 minutes

1 tsp. Maple Syrup

¼ Cup Almond Butter

Combine all ingredients in a food processor and puree, using as much of the soak water as needed for a pudding like consistency. Serve pudding in cups.

* Note: some people are allergic to sulfur. It's better for health to buy the apricots that are unsulfured. They use the sulfur to preserve the apricot color, but other than color, the unsulfured apricots are just fine.