

CLEAN CARAMELS:

What you'll need:

- 1 cup dates (pitted)
- 2/3 cup almond butter or cashew butter (I use the fresh ground almond and/or cashew butter from Winco bulk section)
- 1 teaspoon vanilla
- 2 Tablespoons chocolate chips

In blender: Blend dates until they form a thick paste.

Add in almond butter and vanilla.

If this mixture seems too thick, add in about 1 Tablespoon of water.

Blend these ingredients until they become smooth, creamy and soft. They will feel warm when they are done.

Roll into little balls.

Press down gently using a finger.

Microwave about 2 tablespoons of chocolate chips in the microwave. Microwave for 30 seconds at 70%. Stir. Then microwave for 15 seconds at 70%. Stir. The longer you stir the more they melt.

Drop a small spoonful on each caramel. Place in fridge for about 30 minutes for chocolate to harden.

Enjoy your clean treats!

Health nugget:

Dates are fantastic. High in fiber and despite being 80% sugar, they have no adverse effects on blood sugar or weight. They are a low glycemic food. They have beneficial improvements in triglycerides and antioxidant stress levels. They have been touted as the “richest source of dietary minerals.” But, because they’re dried, they have about five times more calories than fresh fruits so keep that in mind if you are snacking on them.

- Dr. Gregor, NutritionFacts.org