



Caramel Almond Dip

Makes about 1 cup

Inspired by www.detoxinsta.com

Ingredients:

- 1 cup soft Medjool dates, pitted
- 1/4 teaspoon fine sea salt, or more to taste
 - 1 teaspoon fresh lemon juice
- 1/4 cup almond milk, plus extra for desired texture
 - 1 teaspoon vanilla extract
 - 1 Tablespoon coconut oil
- ½ cup unsweetened almond butter

Directions:

Soak the dates for 2 to 3 hours, until soft.

Combine all of the ingredients in the blender, and blend until smooth and creamy, adding extra almond milk if necessary to facilitate blending. Dip fruit, veggies, whole grain crackers or anything else you like into the dip. Store in fridge for up to 1 week. Enjoy!