

Fruit Spread

This spread does not have any added sugar. It is a tasty way to add some extra fibre to your diet. It can be used on toast, muffins, crackers and more.



Ingredients:

½ cup	Raisins	125 mL
¼ cup	Pitted prunes	60 mL
¼ cup	Pitted dates	60 mL
1 cup	Hot water	250 mL
6 Tbsp	Prune juice	90 mL
¼ cup	Wheat bran	60 mL

Directions:

1. Soak dried fruit over night in just enough hot water to cover.
2. Pour into food processor. Add prune juice and bran.
3. Mix well. If mixture is too thick, add prune juice until a past consistency is reached.
4. Store in an airtight container in the fridge for up to 8 weeks.

Makes 16 servings (15 mL/ 1 Tbsp/ 91 g

Fruit Spread

Nutrition Facts	
Per 1/16 of recipe (15 mL/ 1 Tbsp/ 91 g)	
Amount	% Daily Value
Calories 35	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 9 g	3 %
Fibre 1 g	4 %
Sugars 7 g	
Protein 0 g	
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	2 %

Nutrient Claim	Amount per serving
Fat free	0 g
Saturated fat free	0 g
Sodium free	0 mg
Low in potassium	101 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	¼
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is Choose Most Often (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Food Processor