

PRUNES

Ingredients

1 c. dried prunes, pitted*

Boiling water to cover

* If you buy prunes that have already been pitted, make sure to double-check that there are no pits that remain (Yes, it happens - more often than you would think!)

Method

- Place prunes in bowl
- Cover with boiling water,
- Allow to soak about 15 minutes
- Remove prunes with slotted spoon to processor, reserve water
- Process until a puree is formed
- Add some of the reserved water, a little bit at a time & puree until desired consistency is reached