



# Ashley's Meal Prep Monday!



## Healthy Caramel Sauce

### INGREDIENTS

20-25 pitted  
medjool dates  
1 TSP sea salt  
1 TSP vanilla  
3/4 cup almond  
milk, plus a few  
extra TBSP's

Add all ingredients starting with  $\frac{3}{4}$  cup almond milk into a high powered blender or food processor. Blend until mixture is smooth and there are no date chunks. You may have to pause and scrape the insides of the blender a couple of times.

Add more almond milk, 1-2 TBSP's at a time if needed to help the blending process or to thin out the caramel sauce. Keep doing this until it reaches the consistency you want.



Slice up some green apples and go to town! You can make them into nachos and add chopped nuts and chocolate! I even added some to oatmeal and it was super yummy!

Recipe: [www.eatingbirdfood.com](http://www.eatingbirdfood.com)

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