



Makes 2 cups | Serves 6-8
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

- 1 3/4 cups dates, pitted
- 2/3 cup raw cashews
- 2 tablespoons cacao powder
- 1 teaspoon carob powder
- 1 tablespoon ground flaxseed
- 1 pinch salt
- 1 teaspoon vanilla extract
- 3-4 cups fresh fruit, for dipping

Raw Chocolate Caramel Dip

You can whip up this luscious, creamy chocolate dip recipe in less than 10 minutes! It's especially delicious with apples, strawberries, cantaloupe, pears, and bananas.

By Darshana Thacker Wendel

- 1** Soak the dates in 1/4 cup water for 5 minutes.
- 2** In a blender, combine the cashews and 1 1/4 cups water to create cashew cream.
- 3** Add the drained dates, cacao powder, carob powder, ground flaxseed, vanilla, and salt to the blender; blend into a smooth paste.
- 4** Serve on a platter with fresh fruit.