

# Raw Plum Butter Jam

12 fresh plums pitted, keep skins on  
8 medjool dates pitted  
½ lemon juiced  
½ t. Cinnamon powdered  
¼ t. Ginger powdered

Add all of the ingredients in a high-speed blender or food processor. Blend until smooth. Serve over toast, sprouted grains, oatmeal, or dairy free ice cream treats.

Plums are a great source of vitamin A, C, K, B 2,3, and 6, Potassium, and more. Dates contain B vitamins, potassium, manganese, calcium, magnesium and fiber. Lemons contains vitamin C, folate, potassium and more, not to mention cinnamon slows blood sugar spikes and ginger is a natural anti-inflammatory. This is a delicious and nutritious fall treat!

Recipe by Kelly Pomeroy