



## *Berry Coulis*

**Makes:** 1 3/4 cups

**Serves:** 7x 1/4 cup

### **Ingredients:**

3 cups frozen mixed berries	(300g)
1/2 packed cup dried pitted dates	(75g)
1/2 cup boiling water	(125ml)
2 tsp lemon juice	(10g)

### **Method:**

1. Allow frozen berries to thaw and soften.
2. Cut dates in half to ensure there are no hidden pits, then cover with boiling water to soften them.
3. Once dates are soft, put the dates and water into a blender and puree until smooth. Add the mixed berries and lemon juice and blend well.
4. Optional: Using a spatula, press the coulis through a fine strainer to remove the seeds and make it silky smooth. Chill and use as needed.

**Serving ideas:** Drizzle on pancakes, yogurt, oatmeal, muesli, fruit salad, puddings, crumbles, cakes and more!