

Tangy Apple & Date Chutney (makes 4 servings)

- Two 4 oz cups of Granny Smith Applesauce (natural flavor)
- ½ cup dark brown sugar (or 4 oz Piloncillo cone coarsely grated- available in Walmart and Mexican groceries as 8 oz cones)
- 1 Teaspoon **Seven Happy Seeds Tangy Apple & Date Chutney Spice**
- 6 pitted dates soaked in warm water
- Salt to taste

Note: chutney can be made more or less sweet by adjusting the quantity of sugar

1. Drain water from dates.
2. Blend all ingredients including dates to a smooth consistency in a blender.
3. Simmer chutney on low heat for 10-12 minutes, stirring every few minutes.
Note: add a little water if it is too thick
4. Cool down to room temperature, fill in glass jars and refrigerate for up to 2 weeks, or freeze for up to six months.
5. Enjoy with appetizers such as samosas, pakoras, in a sandwich, or to flavor a yogurt dip for chips. Also, excellent additional topping for layered lentil curry (see recipes page).