

Prune purée		~14 tsp	
prunes	● 100 g	1	Cut in halves.
water	● 1 dl	2	Put in small pot.
		3	Boil for 15 seconds.
		4	Turn off heat, put on lid.
		5	Continue when it has cooled down.
		6	Blend.
		7	Squeeze through sieve.

There is more than one can use at once, so split the purée in small portions and freeze them down.

It is practical to freeze the small portions down in an ice cube tray. Put the prune purée in a freezing bag. Cut the corner off. Squeeze small portions out into the ice cube tray.



Clean up carefully after you have made this. The prune purée sticks very well to everything.