

Raisin Reduction

Makes 1 ½ cups or 24 Tablespoons - Serving size: 1 Tablespoon

Ingredients:

2 cups Golden raisins
2 cups Water

Procedure:

Place raisins and water in a saucepan. Bring to a boil over medium-high heat then reduce to a medium-low heat. Simmer uncovered until approximately 3 - 4 tablespoons of liquid remain. (About 15 minutes). Let cool. Blend in blender. Stop, and scrape the sides of the blender. Keep blending until raisins have been fully pureed' and smooth.

Nutritional Information per Serving:

Calories: 43	Sodium: 2.5mg	Sugars: 9.5g	Cholesterol: 0mg
Saturated Fat: 0g	Fiber: .5g	Protein: .25g	Carbohydrate: 11g

Chef Notes:

- This raisin reduction recipe is a great way to sweeten recipes without adding processed sugars. Raisins also contain dietary fiber, protein and antioxidants.
- Store in small containers in the freezer and take out as needed. Will keep for 3 months.

Created by Jim Perko CEC, AAC



Mis en Place



Combine equal parts raisins and water in a pot



Simmer for about 15 minutes uncovered



Reduce until about 3-4 tablespoons liquid remain



Place the raisins and remaining liquid into a blender and blend until smooth, stopping to scrape the sides of the blender occasionally



Store in the fridge or freeze up to 3 months in small increments and take out as needed

CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE | 216.448.4325