

## ***Raspberry Sauce***

Another versatile sauce for desserts of any kind, and easy to make. Using fresh or frozen raspberries, this sauce, like the carob, freezes well and pleases almost any dessert fan.

*Yields 3½ cups*

**NMB BL**

### ***Ingredients:***

3 10-oz bags frozen raspberries (about 4 cups) defrosted and drained

1 cup golden raisins

½ cup maple syrup

### ***Directions:***

Place all ingredients in a high-speed blender. Blend until smooth.

Strain blended mixture through a ***More than a Nut Milk Bag*** releasing the juice and capturing the seeds to discard.

Store sauce in a glass jar for up to 1 week in the refrigerator, or split this recipe among smaller containers and freeze for up to 3 months.

### **Jam Variation:**

Reduce the maple syrup, and you have Raspberry jam!