



Ingredients:

- ¼ cup Dry apricots, or figs, or pitted prunes
- ½ cup Pineapple juice, fresh or from a can, not in heavy syrup
- 2 tbsp Coconut aminos or soy
- 1 ½ tbsp Rice vinegar or 2 tsp apple cider vinegar
- 1 ½ tsp Tomato paste
- 1 small Pinch of sea salt
- Grated fresh ginger (optional)
- 3-4 tbsp Chicken stock or water
- Add in a neutral oil such as avocado to make a dressing

Instructions:

- 1) Finely chop the apricots. Add them to a saucepan from pineapple juice to salt. Cook over low heat until the fruits turn softer, about 10 minutes. Then puree it with chicken stock or water.