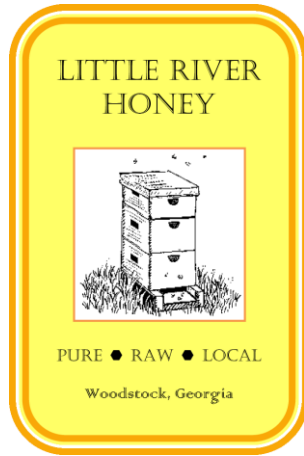


Fig Paste

A sweet treat to add to your pancakes, oatmeal or toast.



30 to 40 Mission Figs
½ cup of Little River Honey
½ cup of finely chopped pecans

Prepare figs

- Wash figs. You can peel them if you wish. Then blend them.
- Cook the figs in a pan and reduce over medium heat. The amount of reduction will depend on the figs. If they are fresh from the tree, fully ripe, they are watery.

Once the figs are reduced add honey and pecans. Cook down until desired consistency. If using for a pancake spread leave it thinner. If using for oatmeal cook to a thicker consistency.