



Chew's Challenge

Challenge Day 6



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Pineapple Date Fruit Soup

Ingredients

PINEAPPLE DATE FRUIT BUTTER

- 1 cup pineapples
- 1/2 cup pitted dates
- 1/4 cup fruit juice

FRUIT

- 1 sliced banana
- 1 diced apple
- 1 diced pear
- 1/2 cup nuts
- 1/4 cup raisins



Simple Spanish Rice

Ingredients

- 2 cups brown rice
- 1 med chopped onion
- 2 Tbsp minced garlic
- 1 32oz vegetable broth (Swanson)

- 2 1/2 tsp salt
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1 6oz tomato paste
- 2 cups of water

