PRIMAL GUIDE

Maple Butter Figs (or Dates)

PREP 2 MIN • COOK 5 MIN • YIELD 2 SERVINGS

INGREDIENTS

- 4 fresh figs or 2 Medjool dates, halved
- 2 tbsp grass-fed butter
- 1 tsp maple syrup (not a fan of maple? raw honey works just as well)
- pinch of salt

STEPS

1. In a pan, melt butter and add halved figs or dates.
2. Lightly sear each side until golden.
3. Drizzle with maple syrup and a touch of salt.
4. Serve warm.

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Not medical advice. Talk with your doctor about your diet.

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