PRIMAL GUIDE

Raw Dairy & Honey Fruit Dip

PREP 10 MIN • YIELD 4 SERVINGS

INGREDIENTS

- 1 cup raw cream
- ½ cup raw mascarpone or raw cream cheese
- 1 tbsp raw honey
- ¼ tsp vanilla (optional)
- sliced fruit (banana, berries, apple) (for dipping)

STEPS

1. Whip raw cream until soft peaks form.
2. Fold in raw mascarpone and honey.
3. Add vanilla if desired and gently mix.
4. Serve as a dip with sliced fruit.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/raw-dairy-honey-fruit-dip

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

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