

# Colorful Apricot Chutney

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*Remember that food doesn't have to be bland and boring. This is a great topping for a meal that will add color and flavor. It is very high in sugar naturally so if you are eating this with a meal still be conservative so it doesn't spike your blood sugar. Enjoy!*

## Dressing

	Prep Time	Cooking Time	Yield
3	Large	Sweet Red Peppers	Diced
12	oz	Dried Apricots	Diced, Sulfate Free
1	cup	Raisins	Organic, No sugar added
1	Cup	Raw Honey	
1	Large	Onion	Finely chopped
1/2	Cup	Red Wine Vinegar	
5	Cloves	Garlic	Minced
1 1/2	Tsp	Salt	
1 1/2	Tsp	Crushed Red Pepper Flakes	
1/4	Tsp	Ground Ginger	
1/4	Tsp	Ground Cumin	
1/4	Tsp	Ground Mustard	

## Instructions

1. In a large heavy saucepan, combine all the ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 25-30 minutes or until thickened, stirring occasionally. Cover and refrigerate.
2. Serve as an accompaniment to pork or chicken. Chutney may be stored in the refrigerator for up to 1 month.