

# PRUNE AND ROSEMARY SPREAD



Time  
35min



Servings  
8

Calcium Recommended Daily Intake  
8%

Calories  
**280**

Calcium  
**107mg**

Protein  
**7g**

Vitamin D  
**0 IU**

## Ingredients

- 2/3 cup balsamic vinegar
- 1/4 cup maple syrup
- 1/4 tsp each salt and pepper
- 2/3 cup finely chopped SUNSWEET® prunes
- 8 oz (225g) cream cheese, softened
- 1 tsp chopped rosemary
- 16 slices ciabatta bread

## Instructions

1. Pour the vinegar and maple syrup into a small saucepan set over medium heat, bring the mixture to a boil. Reduce to a simmer and let cook over for 10-15 minutes until reduced to a syrupy consistency. Season with salt and pepper and set aside to cool.
2. In a medium bowl mix prunes with the cream cheese and rosemary. Add salt and pepper to taste.
3. Preheat oven to broil. Line baking sheet with foil and arrange the ciabatta slices. Toast the ciabatta slices for 1 to 2 minutes or until golden.
4. Serve with the prune and rosemary spread and a drizzle of balsamic syrup.



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<https://www.osteoporosis.foundation/patients/recipes>

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