

Kid-approved Beef Liver Pate

Ingredients:

Use as much or as little of the following:

coconut oil (bacon will produce fat as well that can be used or mixed)

grass Fed Butter

sauteed apples

bacon

liver

cinnamon

touch of Rapadura

Directions:

Cook bacon in pan. Use oil from bacon and/ or add coconut oil if not enough. Saute liver until cooked, then add finely chopped apples, cinnamon till cooked and soft.

Transfer pan to food processor and add a good amount of butter, touch of rapadura. Blend until smooth.

Chop bacon into bits and stir in Pate.

Serve on sprouted toast, crackers or a dip for raw veggies.