

## Nut and Raisin Sandwiches

1 cup seeded raisins  
 $\frac{1}{2}$  cup chopped nuts  
Juice of half an orange

Slices of buttered,  
white, or whole  
wheat bread

**C**HOP the raisins finely or pass them through a meat chopper with the chopped nuts; blend smoothly and moisten with the orange juice.]