



## Say hello to your new favorite sweetener—date paste!

Watch my YouTube demo via the link on the blog post.

If you've been following me, you know that many of my recipes feature "date paste" in lieu of processed sugar.

While I've shared this recipe alongside other recipes before, so many of you have slid into my DMs asking for it as a stand-alone recipe. Well, you asked, and I listened—here it is!

This all-natural, two-ingredient homemade date paste is the ultimate way to add a touch of sweetness to your recipes without the sugar crash. Packed with gut-loving fiber, dates are a wholesome and healthier alternative to processed sugars that keeps your blood sugar happy and stable.

Use it to sweeten baked goods, blend it into smoothies, stir it into sauces, or even give Sloppy Joes or other savory dishes a kiss of sweet magic. The possibilities are endless! Mother Nature knows best, and this sweet secret is proof.

Ready to ditch the processed sugar? Let's make some date paste!

### Ingredients:



1 pound of pitted dates

(I use the Desert Valley Organic Dates pictured and I buy them at Costco)

1.5 cups of liquid

(I use water to keep the calories lower, but you could also use coconut water, unsweetened non-dairy milk or unsweetened juice)

### Procedure:

- Pour 1 pounds of dates (about 4 cups) into a large glass bowl.
- Pour 1.5 cups of liquid over the dates and cover.
- Let the dates sit overnight to absorb most of the water.
- Then, with the S blade in place, dump the dates and water, into the food processor (or if you don't have a food processor, use a blender), and process dates and liquid together until it's all chopped up and is relatively smooth (a few minutes should do it). It should look like the photo above.

I keep my date paste in glass containers with fitted lids in the refrigerator. It'll keep well in the fridge for about a month so it's ready to go when you need it.

If you find that you need to keep it longer than a month (or are getting close to that one month mark), FREEZE IT! It's great in the freezer and in fact, some of my smoothie recipes that call for date paste actually favor the frozen version!

Bon Appetit!