



# Fabulous Date Paste

**Servings : 8**

**(1 serving = 2 Tbsp)**

## Equipment:

Measuring cups, medium bowl, spatula or spoon, food processor/blender

## Ingredients:

- 1 cup Medjool dates, pitted
- 1/2 cup hot water

## Preparation:

1. Add dates to a medium bowl. Add the hot water and let the dates soak for 10-12 minutes.
2. Add dates and soaking water to a food processor. Pulse until blended. Add additional water if you prefer a less viscous paste.
3. Add to your needed recipe as a sweetener.\* Refrigerate or freeze extra paste.\* Enjoy!

**\*Storage Note:** Store in an airtight container in the refrigerator for up to 3 months, or freeze for approximately 6 months.

**\*Serving Note:** Date paste can be used as a sweetener for smoothies and baked goods. Give it a try!

Nutrition Facts per serving:

**Calories 83.1**

Total Fat 0g (0%)  
Saturated Fat 0g (0%)  
Trans Fat 0g  
Cholesterol 0mg (0%)  
Sodium 0.9mg (0%)  
Total Carbohydrate 22.5g (8%)  
Dietary Fiber 2g (7%)  
Total Sugars 19.9g  
Added Sugars 0% (0%)  
Protein 0.5g  
Vitamin D 0mcg (0%)  
Calcium 19.6mg (2%)  
Iron 0.3mg (2%)  
Potassium 208.8mg (4%)

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