

Peanut Butter Dates

INGREDIENTS

- 10 Medjool dates
- 10 tsps Peanut butter for stuffing
- 15g of dark chocolate (coarsely chopped)
- Pinch of salt

10 DATES
10 MINUTES



Adapted from:
Lazy Cat Kitchen



PROCEDURE

1. De-pit dates by cutting a slit on the side of a date and removing the pit within.
2. Place a teaspoon of peanut butter inside each date.
3. Sprinkle each date with a pinch of salt and a pinch of dark chocolate.

No-Bake Date Brownies

INGREDIENTS

- 1 cup walnuts
- 10 Medjool dates
(pitted and chopped)
- 3 tbsps cacao powder
- 1 tbsp honey
- 1 tsp vanilla extract
- 1-3 tsps water

8 SERVINGS
10 MINUTES



Adapted from:
Family Food on the Table



PROCEDURE

1. Line a small 3"x5.75" pan with plastic wrap
2. Place walnuts in blender and blend until finely ground.
3. Add rest of ingredients except water, pulse until finely ground.
4. Add splash of water as needed. Mixture should be crumbly but stick to itself.
5. Press mixture into lined pan and smooth it.
6. Slice and serve immediately.

Date Paste

INGREDIENTS

- 150g dates (pitted)
- $\frac{3}{4}$ cup hot water

Use date paste as a healthy spread for bread, a marinade, or even as a sugar alternative for a smoothie!

1 ½ CUPS
15 MINUTES



Adapted from:
Vancouver with Love



PROCEDURE

1. Add dates to bowl.
2. Cover dates with hot water and let soak for 10 minutes.
3. Place dates and water in blender.
4. Blend for one minute. Stop when smooth.
5. Pour the date paste into a clean, airtight glass jar or other airtight container.
Refrigerate for a maximum of five days, or freeze for up to 3 months.

Date Cookies

INGREDIENTS

- 2 cups almond flour
- 1 cup Medjool dates (pitted)
- 2 cups water

10 SERVINGS
25 MINUTES



Adapted from:
The Conscious Plant Kitchen



PROCEDURE

1. Place pitted dates in bowl.
2. Boil water, pour atop dates, and set aside for 5 minutes.
3. Preheat oven to 340 degrees F.
4. Line baking sheet with parchment paper and lightly oil it.
5. Drain the dates then place them in a blender with the flour. Blend for ~1 minute until a crumbly texture is formed.
6. Turn off blender. Roll 10 dough balls and place on baking sheet.
7. Bake for 8-12 minutes until golden brown on sides.
8. Let cookies cool for 10 minutes then serve.

Choco-Banana Date Smoothie

INGREDIENTS

- 1 ½ cups of low-fat milk
- 1 banana
- 4 Medjool dates (pitted)
- 2 tbsp peanut butter
- 2 ½ tbsp cocoa powder
- ¾ tsp vanilla extract

2 SERVINGS
5 MINUTES



Adapted from:
Street Smart Nutrition



PROCEDURE

1. Add all ingredients to blender and mix.
2. Blend on high until creamy and smooth.
3. Serve in glasses.

Bacon-Wrapped Dates

INGREDIENTS

- 10 slices of bacon
- 20 Medjool dates (pitted)
- 4 oz crumbled goat cheese
- Salt and black pepper to taste

20 SERVINGS
35 MINUTES



Adapted from:
[Gimme Some Oven](#)



PROCEDURE

1. Preheat oven to 400 degree F. Line a baking sheet with parchment paper.
2. Lay bacon strips on sheet and cook in oven for 10 minutes.
3. While the bacon is cooking, fill each date with a spoonful of cheese.
4. Once bacon is done and cool to handle, slice strips in half.
5. Wrap a $\frac{1}{2}$ strip around each date and secure close with a toothpick.
6. Arrange dates on sheet and bake for 5-7 minutes on each side.
7. Transfer to wire rack, sprinkle with salt and pepper, and serve.

Date Oatmeal

INGREDIENTS

- ½ cup steel cut oats
- 2 cups water
- 1 banana (sliced)
- 2 Medjool dates (pitted and chopped)
- ½ tsp cinnamon
- pinch of salt
- Preferred toppings (optional)

2 SERVINGS
30 MINUTES



Adapted from:
Eating bird Food



PROCEDURE

1. Place water into a saucepan and bring to boil.
2. When boil is reached, add oats and reduce heat to a simmer.
3. Simmer oats for about 20 minutes, make sure to stir the oats periodically to prevent them from sticking to the bottom.
4. Once 20 minutes pass, stir in banana, dates, cinnamon, and salt. Keep at a simmer.
5. Stir oats frequently for 5-7 minutes. Remove from heat when cooked to preference.
6. Portion and dress with toppings of choice.

Date Balls

INGREDIENTS

- 10 Medjool dates (pitted)
- 1 cup steel cut oats
- $\frac{1}{3}$ cup unsalted cashews
- $\frac{1}{4}$ cup peanut butter
- 1 tbsp maple syrup
- 1 tsp vanilla extract

15 SERVINGS

10 MINUTES



Adapted from:
The Kitchen Invitation



PROCEDURE

1. Add all ingredients to blender and pulse until mixed.
2. Use a tbsp to scoop and roll dough into bite sized ball.
3. Place balls on baking sheet and store in fridge for 5-7 days or up to 3 months in the freezer.
4. Enjoy any time.