



Pitted Dates



Date Bars



Date Paste/Jam



Applesauce Date Muffins



Date Nut Bread



Unbaked Date Balls



Chocolate Chip Date Cookies



Pitted Dates

Eat the Dates Right-Out-of-the-Bag

Dates have become the super food of the moment: an amazing natural and versatile sweetener.

This naturally dry fruit is a powerhouse of minerals, energy, and fiber.

One half cup has 200 calories, 14% of the daily requirement of potassium and 24% of the daily fiber needs.

Date Nut Bread

You will need:

1-1/2 cups dates, pitted and chopped	2-1/4 cups boiling water	3 tsp. baking soda
1 cup chopped walnuts	2 cups white sugar	3 tbsp. butter
2 eggs, beaten	1 tsp. salt	4-1/2 cups all-purpose flour
1 tsp. vanilla extract		

Instructions:

- Combine baking soda with the boiling water. Soak the dates in the water/baking soda for 30 minutes.
- Cream sugar and butter together. Add eggs and vanilla; add flour, salt & baking soda.
- Add dates & nuts. Divide batter evenly between two 9 x 5-inch greased loaf pans.
- Heat oven to 300 degrees F. Bake for 60 minutes or until toothpick comes out clean.
- May be frozen when cooled.

Applesauce Date Muffins

You will need:

1-1/2 cups whole-wheat or all-purpose flour	2/3 cup bran cereal	1 tsp. baking soda
1/2 tsp. ground cinnamon	1/2 tsp. salt	1/2 cup chopped dates
1/4 cup chopped walnuts, toasted	1 large egg, beaten slightly	2 tbsp. canola oil
1-3/4 cup applesauce, unsweetened	1/3 cup packed dark brown sugar	

Instructions:

- Preheat oven to 400 degrees F. Coat 12 muffin cups with cooking spray or use paper liners.
- Whisk flour, bran cereal, baking soda, cinnamon, and salt in a large bowl. Stir in dates and walnuts.
- Whisk egg, applesauce, brown sugar, and oil in another bowl. Make a well in the dried ingredients.
- Add the wet ingredients and stir with a rubber spatula until just combined. Do not over mix.
- Spoon batter into prepared muffin cups.
- Bake muffins until tops are golden brown and spring back when lightly touched, about 12 - 15 minutes.
- Let cool in pan for 5 minutes. Loosen edges and turn muffins onto a wire rack to cool.

Unbaked Date Balls

You will need:

1 cup chopped dates	1/2 cup sugar	1 egg, beaten
1 cup Rice Krispies	1/4 tsp. salt	1/2 cup chopped walnuts
2 tsp. vanilla	1-1/4 cups shredded coconut	

Instructions:

- Put dates, sugar, and vanilla into heavy pan over low heat.
- Stir until batter leaves sides of pan and is a bit thick. Remove from heat and cool slightly.
- Form into 1-inch balls and roll in coconut.

Chopped Apple Date Nut Salad

You will need:

6 apples (Granny Smith, Gala, Fuji) or any combination of all, skin left on, cored and diced into 1/2-inch pieces.
3 cups chopped greens (spinach, endive, or other lettuces, thinly sliced)
1 cup toasted, coarsely chopped walnuts $\frac{3}{4}$ cup blue cheese, crumbled $\frac{1}{2}$ lemon
2 heaping tsp. Dijon mustard 2 tsp. honey 2 tbsp. cider vinegar 2 tbsp. olive-oil salt and pepper to taste

Instructions:

- Whisk together vinegar, olive oil, mustard, and vinegar.
- Combine the apples, salad greens, walnuts, and blue cheese in a large bowl. Toss with 2 tsp. lemon.
- Add the vinaigrette and toss to coat. Season with salt and pepper to taste.

Date Bars

You will need:

3 cups chopped, pitted dates 1-1/2 cups water $\frac{1}{4}$ cup granulated sugar
1 cup packed brown sugar 1 cup butter or margarine, softened $\frac{1}{2}$ tsp. baking soda
1-3/4 cups all-purpose flour 1-1/2 cups quick-cooking oats $\frac{1}{2}$ tsp. salt

Instructions:

- In a 2-quart saucepan, cook dates, water, and sugar over low heat for 10 minutes.
- Stir constantly over low heat until thickened. Allow to cool for 5 minutes. Set aside.
- Preheat oven to 400 degrees F. Grease bottom and sides of a 13 x 9-inch pan.
- In a large bowl, stir brown sugar and butter until well-mixed.
- Stir in oats, flour, baking soda, and salt until crumbly. Press half of mixture evenly on bottom of pan.
- Spread with filling. Top with remaining crumb mixture; press lightly.
- Bake 20 - 25 minutes or until light brown. Cool 5 minutes in pan on cooling rack.
- Cut into 6 rows by 6 rows while still warm.

Bacon-Wrapped Dates

You will need:

20 pitted dates 40 salted, roasted almonds 1 lb. thin bacon, cut in half 20 toothpicks

Instructions:

- Heat oven to 425 degrees F. Make sure date pits are removed. Stuff each date with 1 - 2 almonds.
- Wrap each date with half a piece of bacon and secure with a toothpick.
- Bake, turning dates halfway so the bacon is evenly cooked, 15 to 18 minutes.
- Serve warm or at room temperature.

Chocolate Chip Date Cookies

Instructions:

- Follow instructions on the back of the bag of chocolate chips and mix all ingredients.
- Add 1 cup of chopped and pitted dates to the mixture. Bake according to package instructions.

Date Paste/Jam

Instructions:

Soak 2 cups of dates in 2 cups of water overnight or for 8 hours. Remove dates from water and set water aside. Puree dates in food processor or blender. Add a few tablespoons of the soaking water, 1 tsp. vanilla, and $\frac{1}{4}$ tsp. salt to the date puree. Blend until the date paste is creamy. Add more water if necessary. Store in air tight container in refrigerator. Serve with toast, crackers, cookies or use with baking recipes.