



Makes about 3½ cups
Preparation Time: 5 minutes
Cook Time: 8 hours

INGREDIENTS:

One pound of pitted dates

One cup of liquid (water,
unsweetened non-dairy milk,
unsweetened juice)

Date Paste

Make sure you always have some date paste in the fridge to create a healthy dessert in no time. All you need are fresh dates and water. Here's how to make it.

****Editor's Note:** Don't have enough time to soak dates overnight? Soak them for 15 minutes in a heat-safe container in boiling-hot water.*

By Chef AJ

- 1 Soak dates in liquid overnight or for several hours until much of the liquid is absorbed.*
- 2 In food processor fitted with the “S” blade, process dates and liquid until completely smooth.
- 3 Store date paste in the refrigerator.