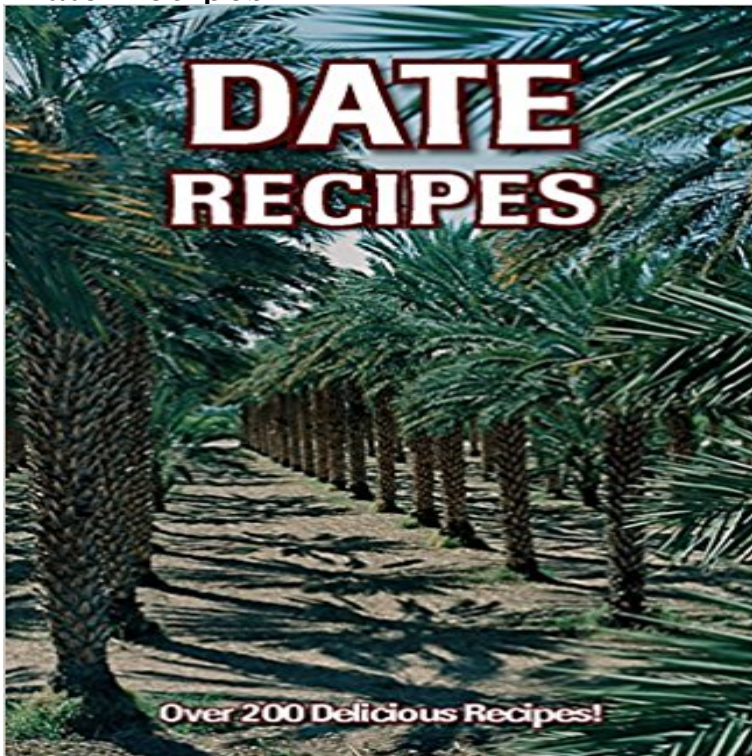


## Date Recipes



Satisfy your sweet tooth with nature's nearly low-sodium, low-fat treats--DATES! With natural sugars, dates boost energy, while providing potassium, iron, niacin, protein and fiber. Nature supplies the dates; use DATE RECIPES to enjoy them to the fullest! Along with a variety of date recipes, this cookbook also contains information about different kinds of dates. The recipes were submitted by cooks across the country. Contents: Introduction; Appetizers; Salads; Breads and Loaves; Muffins; Cakes; Tortes; Cookies and Bars; Balls and Drops; Date Rolls; Pies; Desserts; Puddings; Candy; Miscellany; Index

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**Great Recipes with Dates** **Martha Stewart** Whenever we hear the frequently repeated Mom-ism nature's candy, we think of this intensely sweet fruit of the date palm tree. Now is the prime time to enjoy it **Recipes Using Medjool Dates - 100 Days of Real Food** Jul 16, 2015 Use them to sweeten up a raw, vegan tiramisu with coffee and date ladyfingers. . Recipe for syrup and patishapta, a Bengali staple, here. Find healthy, delicious date recipes, from the food and nutrition experts at EatingWell. **Our 10 best date recipes** **Life and style** **The Guardian** Find and save ideas about Date recipes on Pinterest, the world's catalog of ideas. See more about Larabar ingredients, Peanuts healthy and Gluten free **Date Recipes** - Looking for recipes with dates? Check out our favorite recipes with dried or fresh dates, like bars, cookies and date cake! **Bacon-Wrapped Dates Recipe** **Ree Drummond** **Food Network** For the professional chef or someone who loves to cook California Dates bring a unique quality of flavor and texture to any recipe. Dates go well with many **Date Recipes & Tips** **Epicurious.com** **Date Recipes Are The Best Way To Naturally Sweeten Your Life** Enjoy some of the best date recipes on the internet. From simple stuffed dates to date and nut balls. Enjoy! **Date Recipes - Cooking with Dates** - Get Bacon-Wrapped Dates Recipe from Food Network. **Date Cookie Recipes** - A dark, wonderfully moist bread. I serve at every holiday meal and then enjoy the leftovers at breakfast. **Date Recipes & Menu Ideas** Add in the dates, coconut oil, vanilla and sea salt and process again until a sticky, If you make one of my healthy recipes, tag @detoxinista on Instagram or **Coffee Date Bread Recipe** - Susan Richardson of Edina, Minnesota, writes: My mother worked full-time when I was growing up, so as the oldest daughter in a family of six children, I did a lot **100+ Date Recipes on Pinterest** **Larabar ingredients, Peanuts** Feb 4, 2015 Explore all of my sweet & savory Medjool date recipes, plus scroll all the way to the bottom for information about tonight's #MedjoolDateDay **Date Bars Recipe** - An easy and quick date nut loaf served with a warm brown sugar sauce. **Classic Date Bars recipe** Feb 26,

2015 Fiber- and mineral-rich dates are common in breads and other baked goods, but you'd never know how versatile they are unless you tried a **Date Nut Loaf Cake Recipe** - A date filled bar with a chewy oatmeal crust. In a large bowl, combine oats, pastry flour, salt, 1 cup brown sugar, and baking soda. In a small saucepan over medium heat, combine the dates, water, and 1/3 cup brown sugar. **Date Recipes** - Looking for recipes with dates? Check out our favorite recipes with dried or fresh dates, like bars, cookies and date cake! **Healthy Date Recipes - EatingWell** You're pretty good in the kitchen (if you do say so yourself), so why not show off your skills! You know what they say about the way to a man's a **Recipes - California Dates** Dates are enjoying a popular resurgence, thanks in part to their reputation as a healthier alternative sweetener to refined sugar, rich in minerals and fiber. **Date Energy Balls (Vegan, Paleo) Detoxinista** Feb 28, 2015 (Just maybe do a practice round first?) Serve these with a starchy side or plenty of good bread to soak up the sauce. Get the recipe. **19 Easy Dinners That Will Impress The Heck Out Of Your Date** 10 Date Recipes for Iftar is a group of recipes collected by the editors of NYT Cooking. **10 Date Recipes for Iftar - Recipes from NYT Cooking** Looking for date cookie recipes? Allrecipes has more than 120 trusted date cookie recipes complete with ratings, reviews and cooking tips. **Raw Food Recipes Raw Date Recipes** Looking for recipes with dates? Check out our favorite recipes with dried or fresh dates, like bars, cookies and date cake! **Sweet and Savory Recipes to Cook with Dates - Bon Appetit Recipe** Feb 1, 2016 You won't miss the cane sugar for a second in these wonderfully sweet, almost healthy recipes. 1 No-Bake Chocolate Cheesecake. 2 Roasted Cashew-Almond Yogurt Bowl With Stove-Top Matcha Green Tea Date Granola. 3 Healthier Peanut Butter Pie. 4 Sea Salt Date Caramel Coconut Ice Cream. 5 Date Newtons. **Date Recipes** - Looking for recipes with dates? Check out our favorite recipes with dried or fresh dates, like bars, cookies and date cake!