

How to Make Date Paste Recipe



Raw date paste recipe is not only easy to make, but is a healthy and delicious natural sweetener that can be used in a wide assortment of recipes.

Date Paste Nutrition

Besides their wonderful flavor, dates contain a wide range of minerals, vitamins, amino acids and fatty acids.

Dates have 25% more potassium than bananas while being free of fats, sodium, and cholesterol.

Date Paste Recipe

Equipment Needed: High-Speed Blender

Ingredients:

- 1/2 cup water
- 1 cup packed, Medjool dates
- A pinch of sea salt
- **OR double recipe:**
- 1 cup water
- 2 cups packed, Medjool dates
- A pinch of sea salt

Preparation Steps:

1. Using a high-speed blender, blend until completely smooth, no bits. If you choose to use a food processor, don't add all the water at one time. Gradually add water as you process.

Storage: Paste will keep 2-4 weeks in the fridge, and up to 3 months in the freezer. Optional: to help preserve freshness, add a squeeze of lemon juice and blend well.

As with any food you make, date the container.

If you choose to freeze the date paste recipe, I recommend using a zip lock baggy. Press all the air out, and lay it flat as spreading it on plate or sheet, rather than freezing it as one big clump – and remember to date it.

As with salad dressings, spreads, crackers, etc, making and storing date paste in your fridge is a method of preparation, so when needed you'll already have it available at your fingertips.

