

# Dates

## Health Benefits:

- Fiber to promote digestive health and heart health
- Vitamins and minerals to promote bone health
- Natural sugar to provide an energy boost
- Lower cholesterol levels

## How Can Dates be Used?

- Blended into an all-natural sweetener or syrup
- Baked goods/no-bake goods
- Energy/granola bars
- Toppings for salads or desserts
- As a snack by themselves

### Peanut Butter Cookie Date Bites

#### Ingredients:

1 cup dates (about 10)

1/2 cup unsalted roasted peanuts

Pinch of salt

#### Directions:

1. Add dates to basin of food processor or blender. Pulse until dates form a paste. Add in peanuts and salt. Pulse until peanuts are chopped finely.
2. Using damp hands, form mixture into 1" balls. Store in an airtight container at room temperature.

### Creamy-Orange Date Shake

#### Ingredients:

1/3 cup pitted dates, cut in half

Zest from 1/2 a large orange

1/3 cup orange juice

4-6 scoops vanilla frozen yogurt

4 ice cubes

#### Directions:

1. Add all the ingredients to a blender. Blend until smooth.
2. Pour into glasses and serve immediately.

## Spinach, Date, and Goat Cheese

### Salad

Ingredients:

For Citrus Dressing:

1 Tbsp Fresh Orange Juice

1/4 Tbsp Dijon Mustard

1/4 tsp Honey

1 Tbsp Extra Virgin olive oil

For Spinach Salad:

1/4 med Red Onion peeled and finely, chopped

2 cup Baby Spinach

1/3 cup Carrots shredded

1 Tbsp Toasted Pine Nuts

2 Tbsp Crumbled Goat Cheese

2 Tbsp Dates chopped

Directions:

For Citrus Dressing:

1. In a small bowl, whisk orange juice, dijon mustard, and honey.

1. Gradually whisk in the oil to make a smooth, slightly thick dressing.

For Spinach Salad:

1. Place onions, spinach, and carrots in a large bowl. Drizzle with dressing and toss until spinach is lightly coated. Top with pine nuts, goat cheese, and chopped dates. Season to taste with salt and pepper. Serve .

## Savory Date Nut Fettuccine

Ingredients

1/2 cup dates, chopped

8 cups Spinach leaves, loosely packed

1/2 cup Walnuts, toasted and chopped

1/3 cup Olive Oil

1 cup Feta Cheese, crumbled (4 oz)

2 Tbsp Lemon Juice

1/8 tsp Black Pepper

1/2 lb Fettuccine

1 cloved Garlic, minced

1 Tbsp Olive Oil

Directions:

1. Wash spinach leaves, spin dry and finely chop. Toss dates and spinach together in a large bowl with walnuts, 1/3 cup olive oil, feta cheese, lemon juice and pepper. Set aside.

2. In a small skillet saute garlic in 1 Tbsp olive oil about 30 seconds and cook until lightly browned. Meanwhile, cook fettuccine in salted water until tender. Drain and toss with spinach mixture. Divide portions evenly.

For more date recipes visit:  
[datesaregreat.com](http://datesaregreat.com)