

Date Paste

Use this as a sweetener replacement in your recipes, equal portion to sugar. It will last 2-4 weeks in the refrigerator or 3-6 months in the freezer.

Ingredients:

2 cups of pitted dates soaked in water

2 cups of water (keep the soaked water and follow the directions)

Soak the 2 cups of dates in 2 cups of water overnight or for at least 8 hours. Keep the soaking water for the recipe.

FOOD PROCESSOR METHOD

Drain the dates but reserve the water. Add the dates to the food processor with just enough water (start with 2 tablespoons) and process until it's as smooth as you can get it, scraping down the sides as needed.

BLENDER METHOD

This method uses more water than the food processing method. Add the drained dates and just enough water to the blender and blend until smooth. Start with 1 cup of the reserved date soaking water.

HOB METHOD

If you want your finished date paste to include less water you can either blend the dates with the soaking liquid in a blender then simmer in a saucepan until the paste has reduced. Or you can add the dates with the liquid straight to the pan, simmer until the water has reduced and then leave to cool and process with a food processor until it's as smooth as you can get it.



Recipe by Green Thickies