

Homemade Date Paste

Ingredients

Dates, pitted and chopped in half
water
pint mason jar with lid
food processor

Preparation

Pack the mason jar full of your chopped, pitted dates. Cover with water. Cover with the lid. Leave the jar on your counter for 24 hours or until all the water has been absorbed by the dates.

Place dates in your food processor. Blend the dates until smooth and creamy. Place in an airtight container and refrigerate until you need it.

If you wish to have a creamier paste, slowly add additional water until you get your desired consistency.

I searched the net for "how long will it keep?" and what I found is... there is no consensus. Some say 2-3 weeks others say three months. Just know that over time the paste may crystallize a bit. That does not mean that it has gone bad.

Use date paste to:

- Thicken and sweeten puddings and sauces
- Add moisture to and sweeten low-fat baked goods like cookies, cupcakes, brownies, breakfast bars, etc.
- Sweeten your morning oats

- Be part of the filling for a streusel, pie or tart or hand pies
- Swirl inside of cinnamon rolls

