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## DELIGHTFUL DATES

January 9, 2010 By Kristen Feola



There's a reason why dates are mentioned in the Bible. You'll see what I mean after you try this recipe. It's an unbelievable treat that will make your mouth dance with delight!

### DATE HONEY

1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)

1 cup water

½ teaspoon cinnamon

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)

### Recipe Notes

- Following are three of the most popular dates: a) Medjool – largest, sweetest date that is soft and tender, 2) Deglet Noor – semi-dry chewy “bread” date with a nutty flavor; not as sweet as other dates; smaller than the Medjool, and 3) Pakistani – semi-dry date that is very similar to the Deglet Noor, but is slightly smaller.

## APPLES WITH DATE HONEY

Apples, sliced

Date Honey (recipe above)

Toppings: Finely chopped pecans or walnuts and unsweetened shredded coconut.

Spread Date Honey on one side of each apple slice. Serve as is, or press into chopped pecans or shredded coconut or both.

### Recipe Notes

- You may also use sliced bananas or pears.

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