



@KICKCRAMPSASS

DATE PASTE

SERVES 1: 16 OZ JAR
(32 TABLESPOONS)

PROCEDURE

INGREDIENTS

- 6 OZ DATES
- 2 CUPS OF WATER

01 PLACE DATES IN A GLASS CONTAINER.

02 BOIL WATER THEN POUR OVER DATES. LET THEM SIT FOR A MINIMUM OF 2 HOURS.

03 PLACE DATES IN A BLENDER AND ADD 1 CUP OF THE INFUSED WATER. BLEND. TO LOOSEN, ADD HALF OF THE REMAINING WATER. IF YOU PREFER MORE OF A SYRUP, ADD THE REMAINING WATER.

04 ENJOY!

NUTRITION FACTS

*FACTS BELOW ARE BASED ON 1 TABLESPOON

- CALORIES: 15
- TOTAL FAT: 0.02G
- SATURATED FAT: 0.02G
- SODIUM: 0MG
- POTASSIUM: 35MG
- TOTAL CARBOHYDRATES: 3.99G
- DIETARY FIBER: 0.4G
- SUGARS: 3.37G (NO ADDED SUGAR)
- PROTEIN: 0.13G
- VITAMIN A: 1IU
- MAGNESIUM: 3MG
- PHOSPHOROUS: 3MG
- VITAMIN C: 0MG
- CALCIUM: 4MG
- IRON: 0.05MG
- VITAMIN K: 0.1UG
- ZINC: 0.02MG
- VITAMIN E: 0MG