

How To Make Date Paste

Equipment Needed:

Bowl and something to cover the bowl such as a plate or plastic wrap
Blender such as a ninja, nutribullet or regular blender or food processor
Pot for boiling water

To Make The Recipe:

Pitted Dates, fresh or dried
Spring water

Place the dates in a bowl and cover. Heat the spring water in the pot so that it is hot but not boiling. Pour onto the dates and let the dates sit in the water until they are soft. The time for this will vary depending on how fresh or dry the dates are. Put the dates and some of the water into a blender or food processor and process until it is a smooth paste. Use it in the recipe as needed. If not using right away, transfer to a container and store it in the refrigerator. If not using in a few days, store it in the freezer.