



Flourishing Kitchen

How To Make Date Paste

Raw. Vegan. Gluten-free.

Prep Time: 5 mins | Soak Time: 30 mins to 8 hrs. | Serves: 11-12 tbsp (175ml)

Recipe Ingredients:

1 cup fresh dates (about 12 small dates / approx. 115 g),
pre-soaked until softened.
½ cup soak water (125ml)

You Will Need:

a blender or food processor with an s-blade
a spoon or spatula
jar or container with a lid for storing



Recipe Directions

1. Pop pre soaked dates into your blender with ½ a cup (125ml) the soak water.
2. Blend until smooth then using a spoon or spatula scrape out the paste into a container with a lid to store.

Notes

Pit the dates - remember the dates need to be pitted before blending so as not to ruin your blender. This is easy to do. Just pull each date apart and remove the stone in the middle.

This is best done before soaking. I've done it after soaking and ended up with very sticky fingers.

To soften dates - place them in a small bowl and cover with water. Leave them submerged for a minimum of 30 minutes in hot water. If the dates are quite dry or hard test them after 2-4 hours for softness. How long to leave them depends on how hard they are. If I'm super busy I may leave them in water overnight to blend the following day.

To test them, just squeeze one between your fingers lightly and if it's squishy it will be ready for blending.

For a thicker paste - use less soak water when blending. I like mine quite thin in consistency since I'm not using it in dry baking recipes to replace dried sugar.