

# Coconut Pecan Date Rolls



*These sweet bites are both vegan and gluten free. They are packed with complex carbohydrates and natural sugar. Making nutritious snacks at home can be really easy with this recipe!*

<b>YIELD</b> <b>12 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>10 MIN</b>
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## INGREDIENTS

13-14 each	Dates, pitted (about 8-9 oz)
1 cup	Pecans, chopped or whole
¼ cup + 3 Tbsp, <u>divided</u>	Coconut, shredded, unsweetened

## CHEF'S NOTES

Dates have large pits in them so be sure to remove them before blending. Your blender or food processor will thank you!

This is the perfect treat for sweet snack cravings and it packs an extra punch of fiber which helps keep you feeling full between meals. Try serving these frozen for a chilly sweet treat.

Storing Instructions: This snack will stay fresh in an airtight container for up to 1 week in the refrigerator.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Ensure that the pits are removed from dates. In a food processor or blender, pulse together the dates, pecans, and ¼ cup of the coconut until the mixture forms a coarse, sand-like texture. The mixture should hold together when pinched between your fingers.
3. To portion the rolls, tightly pack the mixture into a tablespoon or small scoop. Then using clean hands, shape the mixture into about 24 smooth balls and roll them each in the remaining coconut flakes. Place in the refrigerator until ready to serve.

# Nutrition Facts

12 servings per container

**Serving size** 2 rolls (31g)

**Amount Per Serving**

**Calories** 140

**% Daily Value\***

**Total Fat** 9g 12%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 16g 6%

Dietary Fiber 3g 11%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 180mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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