Coconut Pecan Date Rolls

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

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!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN

INGREDIENTS

1 ¾ cups	Dates, pitted (about 14 each)
½ cup	Pecans, chopped or whole
¾ cups, *divided*	Coconut, shredded, unsweetened

CHEF'S NOTES

Dates have large pits in them so be sure to remove them before blending. Your blender or food processer 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.

2. In a food processor or blender, pulse together the pitted dates, pecans, and half of the coconut until the mixture forms a smooth, consistent paste-like texture.

3. Shape the mixture into 16 one-Tablespoon-sized balls and roll the balls in the remaining coconut.

Nutrition Facts

8 servings per container

Serving Size	**2 Balls (54 g)**

Amount per serving

Calories   200

% Daily Value *

Total Fat 8g	**10%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 5g	**16%**
Total Sugars 29g	
Includes 0g Added Sugars	**0%**
Protein 2g	**4%**
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.55mg	3%
Potassium 400mg	8%

*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.

Recipe adapted from *Health meets Food*: Coconut Pecan Date Rolls (10/8/18)