

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!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

8 oz	Dates, pitted (about 12-13 each)
1 cup	Pecans, chopped or whole
½ cups, <i>divided</i>	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 + 1 Tbsp of the coconut until the mixture forms a smooth, consistent paste-like texture.
3. Using a small muffin scoop (about 2 Tbsp size) portion out the rolls, then using clean hands, shape the mixture into about 12 smooth balls and roll the each in the remaining 3 Tbsp of coconut flakes. Place in the refrigerator until ready to serve.

Nutrition Facts

12 servings per container

Serving Size 1 Roll (30 g)

Amount per serving

Calories 130

% Daily Value *

Total Fat 8g 10%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 9%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 1g 3%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.4mg 2%

Potassium 200mg 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.

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



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