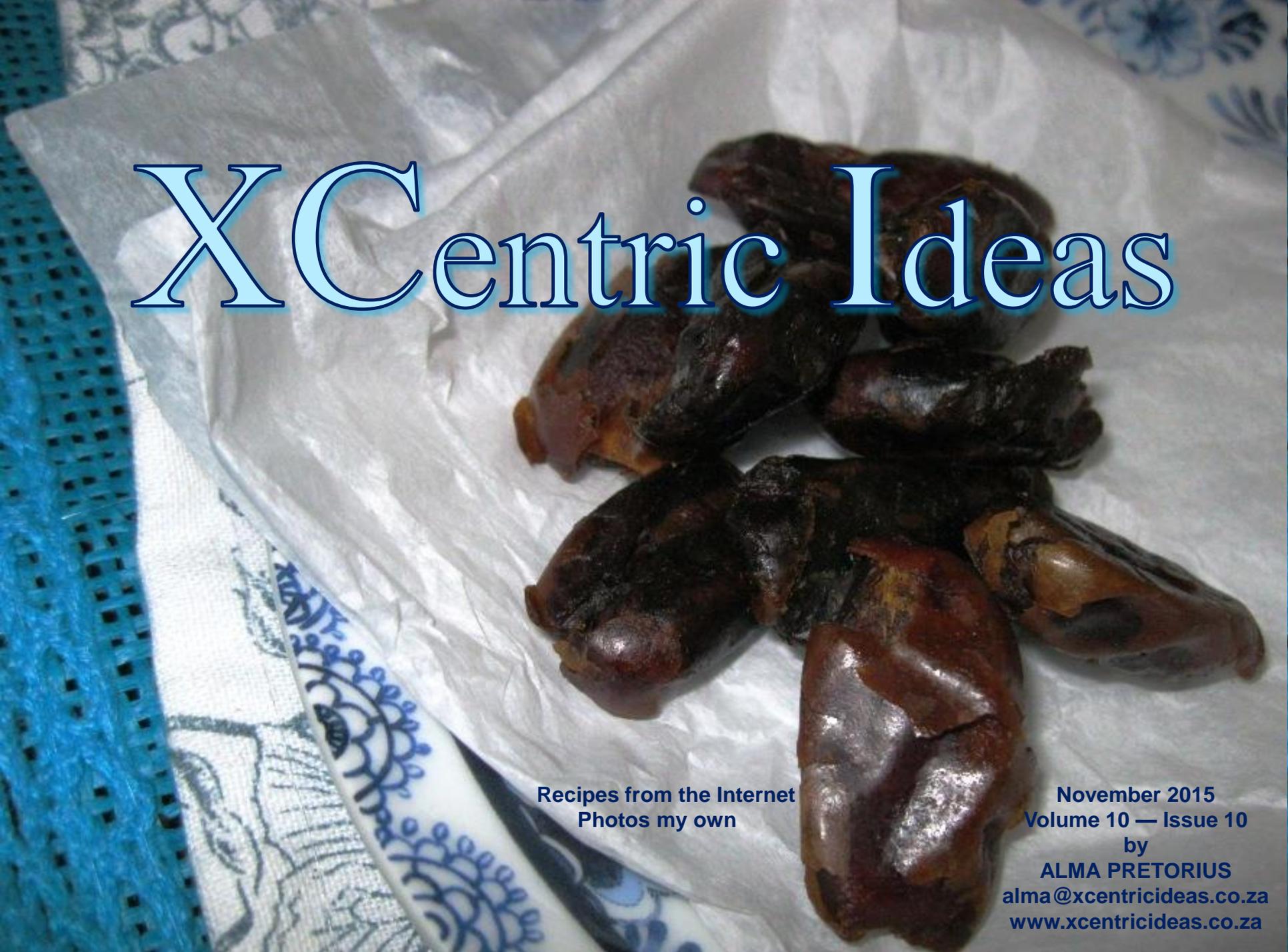


XCentric Ideas



Recipes from the Internet
Photos my own

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Dates - Health Facts

- Dates are free from cholesterol and contain very low fat. Dates are rich in vitamins and minerals.
- They are rich source of protein, dietary fiber and rich in vitamin B1, B2, B3 and B5 along with vitamin A1 and C.
- It helps improve the [digestive system](#) as it contains soluble and insoluble fibers and different kinds of amino acids.
- Dates are great energy boosters as they contain natural sugars like glucose, sucrose and fructose. To get more advantage add dates to milk and make it a very nutritious snack. Dates are very low in calories and are extremely suitable for health conscious people.
- Dates are rich in potassium and reduced in sodium. This helps regulate a healthy nervous system. Researches have revealed the fact that potassium intake up to a certain extent can reduce risk of stroke. Dates also help in lowering of the LDL cholesterol.
- Dates have high iron content and are very useful in treating anemia. The patients can eat many dates for better advantages. Dates also have fluorine that slows down the process of tooth decay.
- It helps people suffering from [constipation](#). Soak dates overnight and take it along with water to have added advantage.
- It helps increase one's sexual stamina. Soak one handful of dates in goat's milk overnight. In the morning grind the dates in the milk and add honey and cardamom powder and drink it.

Date Puree

1 cup pitted dates
½ cup hot water
Enough hot water to cover the dates

Cover the pitted dates with hot water and soak for 10 minutes. Drain the dates.

Blend the dates with the ½ cup hot water in a processor till smooth paste. Add more water if paste is too 'dry or stiff'.

Store in an airtight glass container in the fridge for 7-10 days.

You could also make natural fruit purees out of pear, apple, apricots or raisins.

Note:

This puree can substitute sugar measure for measure in any recipe.

Keep a jar of date puree in fridge when you need to sweeten and you want to use a whole food (fibre intact) option.



Recipe: <http://yumuniverse.com/sweeten-with-whole-foods-easy-and-convenient-date-puree/>

Date and Apple Chutney

3 medium onions, finely chopped
125 ml water
1 kg green apples, peeled, cored and diced (weigh AFTER you've peeled and cored the apples)
500 g dates, chopped
100 g almonds, chopped (or walnuts)
5 ml salt
10 ml allspice (mixed spice)
5 - 10 ml ground ginger
500 ml white wine vinegar
200 g brown sugar

You can either do this in the microwave or on the stovetop (times for cooking will be longer.)

Place onions and water in a large microwave dish. Microwave without a lid on HIGH for 3 minutes. Add apples and microwave on HIGH for 8 minutes.

Add dates, almonds / walnuts, salt, ginger and 250 ml of the vinegar and microwave on HIGH for 6 minutes, stirring every 2 minutes.

Add the sugar and remaining vinegar and cook for a further 8 minutes on HIGH, stirring every 2 minutes. Pour into sterilised jars and allow to cool, then seal. Makes 1 litre.



Recipe: adapted from www.food24.com

Date shake (Majoon)

8 soft dried dates, pitted (soak in hot water for 10 minutes)

1 banana, peeled and frozen

½ cup plain yogurt (not thick)

½ tsp vanilla extract/essence

Pinch of ground cinnamon

Pinch of sea salt

2 cups ice cubes

¾ cup to 1 cup water

Drain the dates. Cut the banana into thick slices and place them in a blender. Add the dates, yogurt, vanilla, cinnamon, salt, ice cubes, and ¾ cup water and blend until smooth.

If the shake is too thick, add an additional ¼ cup water.

Pour into glasses, top with rows of coconut flakes, almonds, walnuts, pistachios, and sesame seeds, and serve.

Toppings

1 tbsp toasted unsweetened coconut flakes

1 tbsp toasted almonds, coarsely chopped

1 tbsp toasted walnuts, coarsely chopped

1 tbsp toasted pistachios, coarsely chopped

1 tbsp toasted sesame seeds



Recipe:

<http://www.epicurious.com/recipes/food/views/date-shake-with-toasted-nuts-em-majoon-em-51155560>

Raw Date, Apple and Oats Energy Bars



Recipe:

<http://thenymelrosefamily.com/2014/05/healthy-snacks-for-kids.html/2>

1 cup pitted dates, soaked in hot liquid (eg tea, boiling water, heated juice) for 15 minutes, drain

2 cup dried apples (not freeze dried, these are the chewy ones)

1 cup raw oats

1 tsp ground cinnamon

Combine all of the ingredients in a food processor and process until it forms a thick paste.

Press mixture firmly down into a square / rectangular greased pie dish and refrigerate. Cut into bars. Keep in fridge.

You can also roll the mixture into balls, then roll it into coconut. Keep in fridge.

Raw Date Coconut Balls

2 cups dates (soak in hot liquid – eg: hot orange juice, boiling water, hot coffee, hot tea)
Pinch of salt
1 cup coconut
Coconut to roll in

Soak dates in liquid for 10 minutes. Drain but keep the liquid.

Mix dates with about 3 tbsp of the liquid, salt and coconut till it forms a ball. make balls. Roll into coconut.

Keep in fridge or freezer.

You can also add:

Ginger

Candied lemon peel

Chopped nuts

Cranberries

Raisins



Recipe: my own recipe

Date Crunchies

These taste like old-fashioned date fingers (dadelvingers) or date crunchies ... made with rice Krispies, butter and sugar. But this version is just sooo much healthier and so easy!!



Recipe: adapted from
<http://www.recipespassion.com/2013/10/dates-honey-ball-qurah-balah.html>

250 g dates, pitted, soaked in hot water for 5 minutes, drained
3 tsp coconut (and extra to roll in)
1 tsp honey
100g wheat biscuits (or wheat free biscuits), crushed (*I used Provitas*)
whole almonds (*optional – although it is quite decorative!*)

In your blender, chop the soaked and drained dates. Add the coconut, honey and crushed wheat biscuits to date mixture. Blend till fine. Roll into balls, roll into coconut and press almonds on the outside of balls. Keep in fridge!

Or you can press the mixture down in a greased square/rectangular pan/pie dish and sprinkle with coconut. Refrigerate, cut into squares. Keep in fridge. You can decorate with the almonds if you like.

Raw Date Nut Brownies

2 cups of soft dried dates, soaked for 10 minutes in hot water

1 cup of sunflower seeds / pecans

2-3 tbsp of cacao powder

2 tbsp maple syrup (optional and can be replaced with any other liquid sweetener)

4 tbsp water – keep aside

Drain the dates. Blend the nuts in a food processor until they form a crumbly mixture, then add the dates and blend again.

Add the cacao and maple syrup. If this mixture isn't sticking and forming a ball, start to add 1 tbsp water and blend. Continue adding water a tablespoon at a time till mixture sticks and form a ball.

Smooth the mixture flat into a baking tray and either refrigerate for 3-4 hours or freeze for one to allow them to set. Then keep them in the fridge for freshness.



Recipe: adapted from
<http://deliciouslyella.com/raw-brownies/>

Kidney beans and Date Brownies

- 1 can (425 g) kidney beans, drained and rinsed very very very very well!!!
- 1 heaped tbsp ground espresso coffee powder /
or instant coffee powder granules (optional)
- 3 large eggs
- ½ cup (100 g) chocolate chips (or chocolate discs / chocolate slab)
- ¾ cup date puree (*refer to the 1st recipe in this issue*)
- ½ tsp baking powder
- ½ cup cocoa powder
- 2 tsp vanilla essence (or 1 tsp vanilla extract)
- 3 tbsp cherry flavored yoghurt (natural is fine too)
- ½ cup salted peanuts, chopped coarsely (any other nuts – or leave out)

Preheat oven to 180 oC. Line square baking pan with baking paper.

In food processor, mix the black beans with metal blade till very smooth. (Note: you may need to stop and scrape down the sides a couple times during this step.)

Add the eggs, yoghurt, baking powder, cocoa powder, coffee granules, vanilla & date puree. Process till nicely blended. Add the peanuts / nuts and pulse 5 times. Pour the mixture evenly into the prepared baking pan. Sprinkle with chocolate chips.

Bake for 25 minutes – test if test skewer comes out clean. Otherwise bake longer.

Keep in tray for 10 minutes, cut and carefully remove. Place on wire rack and let cool completely before serving.

You can easily freeze this.

These brownies are not too sweet but tastes yummy!

