

Pecan and Date Butter



This incredible ultra-creamy nut butter is a real treat for your taste buds! Enjoy it as a snack, perfect for dipping your apples or spreading on a slice of bread.

Preparation 10 min

Cooking 10 min

Servings 25

Nutrition Facts (per serving)

Calories 70

Fat 5

Carbohydrates 6

Fibre 1

Protein 1

Sodium 5

Ingredients

- 500 ml (2 cups) pecans
- 250 ml (1 cup) dried, pitted dates
- 125 ml (1/2 cup) unsweetened soy beverage
- 5 ml (1 tsp) vanilla extract
- Pinch of salt

Preparation

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a bowl, cover dates with boiling water and let stand.
3. Spread pecans on a baking sheet and bake for 7-10 minutes or until pecans are slightly darker.
4. Remove from the oven and let cool completely.
5. Transfer all ingredients to a food processor and process on high. Process until the texture becomes creamy. Add maple syrup for a sweeter taste if desired.

Notes

Keep refrigerated for up to 10 days in a tightly closed container.



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