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- make syrup which can be used in place of sugar in recipes
 For a healthy holiday treat, stuff pitted date with walnut half, pinch closed and roll in flax meal, or fill with ground pistachios and coconut
 - Chop dates into cereal, salads or cookies. Blend dates with water to
 - Improve gut health and may inhibit development of colon cancer
 - production, muscle contraction and cellular communication
 High in polyphenol antioxidants to lower cholesterol and plaque
 - Contain calcium & magnesium for strong bones & teeth, energy
- Potential benefits of consuming dates:
 Good source of potassium for heart health, nerve function and lower
 - 1 large dried, pitted Medjool date provides:
 67 Calories, 1.5 gm protein, 2 gm fiber, no fat, no cholesterol

Health Benefits of Dates



Dates are dried fruits loaded with vitamins, minerals and fiber. Naturally sweet, they make a whole food substitute for refined sugar.

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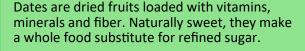
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