

Post: Date honey and more recipes

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- Recipe
- Food & Drinks, Being Vegan, Cooking & Recipes



Content

They say that date honey is what 'honey' is referred to in the bible. So let's see how to make it!

Raw and simple (this was on YouTube, but I can't find it) honey:

- Add dates to water
- let it soak overnight on a counter
- pull out dates when done
- add to jar

Flavored raw date honey:

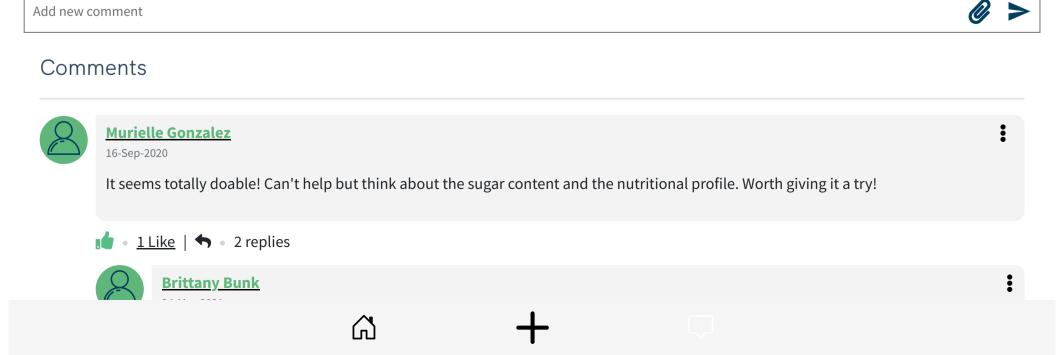
- Dates in orange juice is really good
- to make it a jam, mash the dates in (less food waste that way)

Raw date paste (they say honey, but it's not):

• add dates and water to a blender

Other recipes on Youtube:

- Date water drink
- Cooked syrup
- <u>powder</u>
- <u>sugar</u>





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cinnamon prevents the absorption of sugar, so that helps. Usually it's a topping, so I wouldn't think there's too much added. Orange juice would make it high, so water's better for low sugar. Paste should be more nutritious. Hope that helps and yeah, seems pretty easy:)



