

Post: Date honey and more recipes



Created by [Brittany Bunk](#) on 16-Sep-2020

 Recipe

 [Food & Drinks](#), [Being Vegan](#), [Cooking & Recipes](#)



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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](#)
- [powder](#)
- [sugar](#)

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[Murielle Gonzalez](#)

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It seems totally doable! Can't help but think about the sugar content and the nutritional profile. Worth giving it a try!



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[Brittany Bunk](#)





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16-Sep-2020



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 :)

