

Date Pecan Squares

written by admin | August 1, 2011



Wonderfully delicious, these bars will definitely satisfy your sweet tooth. I like to use moist and tender Medjool dates for this recipe, but other dates will work as well. This mixture can also be used as a pie crust, if desired.

Equipment:

Food Processor
8" x 8" pan

Ingredients:

1/2 cup pecans
1 cup dates, pitted
1 cup raisins
1 tsp vanilla extract (optional)
1 cup dried, unsweetened coconut

Directions:

1. Using the "S" blade in a food processor, grind pecans to a fine meal.
2. Add pitted dates, raisins and vanilla. Process until a dough-like consistency is reached.
3. By hand, work 1/2 cup coconut into the mixture.
4. Sprinkle 1/4 cup coconut in an 8" by 8" pan, press date-pecan mixture on top. Top with the remaining 1/4 cup coconut.
5. Cover and place in refrigerator. When chilled, cut into squares.

Note: For Date Pecan Bites instead of Squares, shape the mixture into balls or logs, then roll them in the coconut and refrigerate.

from *"Recipes for Life"* by Rhonda Malkmus