



Coconut Pecan Date Rolls

This recipe holds well!

Storage instructions: Store in an airtight container for up to a week.

U.S.

1 3/4 cups	Dates, pitted
1/2 cup	Pecans, chopped
3/4 cup	Coconut, shredded, unsweetened

Metric

260.75 g
57 g
84.75 g

Preparation:

1. Gather all ingredients and equipment.
2. Mix in pecans, dates and half of the coconut and stir/pulse until a paste forms.
3. Shape into 17 balls, and roll in the remaining coconut.

Nutrition Facts

Serving size	1 roll
Servings	17
Calories	100
Calories from Fat	35
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	20 mg
Carbohydrates	16 g
Dietary Fiber	3 g
Sugars	14 g
Protein	1 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg
