



Coconut Pecan Date Rolls

Storage instructions: Store in an airtight container for up to 1 week. These can also be frozen.

U.S.

1 3/4 cups
1/2 cup
3/4 cup

Dates, pitted (about 14 each)
Pecans, chopped
Coconut, shredded, unsweetened

Metric

260 g
57 g
85 g

Preparation:

1. Gather all ingredients and equipment.
2. In a food processor or blender, blend together dates, pecans, and half of the coconut until mixture forms a paste.
3. Shape into 17 balls, about 1 tablespoon each, and roll in the remaining coconut.

****Nutrition Facts on Reverse**

Nutrition Facts

17 Servings

Serving size **1 Roll**

Amount per serving

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

Total Carbohydrate 16 g

 Dietary Fiber 2 g

 Total Sugars 13 g

 Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 2 %

Iron 0 %

Potassium 105 mg

Phosphorous 12 mg
