

# Joy of Living Cooking School

## February 2021 Date Night Desserts

### Date Lovers Apple Pie (10 Servings)

#### **Crust**

2 cups Whole Unblanched Almonds  
1/2 cup Whole Medjool Dates, pitted (3-4 Dates)

#### **Filling**

5 cups Fresh Apples, sliced very thinly  
3/4 cup Whole Medjool Dates, pitted (6-8 Dates)  
1 tablespoon Fresh Lemon Juice  
1/2 teaspoon Ground Nutmeg



Nutrition Facts	
Servings: 10	
Amount per serving	
Calories	241
% Daily Value*	
Total Fat 9.9g	13%
Saturated Fat 0.9g	4%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 38.2g	14%
Dietary Fiber 6.9g	26%
Total Sugars 29.9g	
Protein 4.9g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	7%
Potassium 363mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. **2,000 calories a day** is used for general nutrition advice.

Recipe analyzed by **verywell**

Prepare the crust by soaking the 1/2 cup of dates in water for 10 – 15 minutes until soft. Place almonds in a food processor and pulse until it forms a coarse flour. Remove the dates from the water, add the dates almonds and process further. If the crust seems a bit too dry, add some of the date soaking water. Press the crust into a 9" pie pan.

Soak the 3/4 cup of dates in water for 10-15 minutes until soft. Place 1 1/2 cups of apple slices along with the 3/4 cup dates, lemon juice, and nutmeg in a blender, and process until smooth. Add water as needed to reach desired consistency. Transfer to a mixing bowl, add the remaining sliced apples, and mix well. Pour the fruit filling into the crust and spread with a rubber spatula.

Serve & enjoy!

### Fudgy Date Brownies (9 Servings)

1 cup Walnut Pieces (unsalted)  
12 Whole Medjool Dates, pitted  
1/2 cup Cocoa Powder  
1/4 cup Whole Unblanched Almonds (unsalted)



Nutrition Facts	
Servings: 9	
Amount per serving	
Calories	192
% Daily Value*	
Total Fat 10.2g	13%
Saturated Fat 0.9g	6%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 25.2g	8%
Dietary Fiber 4.7g	17%
Total Sugars 19.7g	
Protein 5.4g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	7%
Potassium 325mg	7%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. **2,000 calories a day** is used for general nutrition advice.

Recipe analyzed by **verywell**

Line an 8" x 8" pan with parchment paper, leaving extra paper hanging off the sides to make removing the brownies easy when finished.

Add the walnuts to the bowl of a food processor equipped with the blade attachment. Pulse the walnuts until they are finely ground and resemble coarse sand. Add the cocoa powder and pulse to combine.

Start the food processor on high and add the dates one at a time allowing each date to fully incorporate before adding the next. Continue to process until all the dates are incorporated and the mix is crumbly but soft and formable. On a cutting board, coarsely chop the almonds. Add the almonds to the processor board and pulse until combined.

Transfer the brownie mix to the prepared pan and use a rubber spatula to press until it is a thin even layer that covers the bottom of the pan. Place the brownies in the refrigerator for 10 minutes until they are firm. Using the parchment paper, pull the brownie from the pan and transfer to a cutting surface. Cut into 9 equal sized squares and enjoy.