

EASY Sugar Swaps

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With Natural Delights Medjool dates, you have 3 great options to create natural, unprocessed sweetness that suits all of your snacking and ingredient needs. Just like you, I'm always looking for a little sweetness for foods that typically call for refined sugar, honey, or maple syrup.

Medjool dates' natural caramel flavor, and nutrient-rich composition, as well as their low-glycemic index, make them my go-to choice. I'm always telling clients to use Medjool dates because they're so delicious and there's just so many ways to use them. I was pleasantly surprised to learn that Natural Delights Medjool dates are nature's perfect unrefined sweetener – either by themselves, or by simply combining them with hot water to make them into date syrup or date paste.

MEDJOOOL DATE SYRUP

One of my favorite ways to use date syrup is in my favorite banana bread recipe. I not only use the syrup to sweeten the bread, but I also use the boiled-down dates from making the syrup in my recipe as well. Thick, rich date syrup is super-easy to make, and lends an earthy, sweet flavor where you'd use maple syrup or honey. That means you can use date syrup in baking, on pancakes, and in coffee. You can also pour it over Greek yogurt for a protein-packed, sweet snack. A richer source of potassium than bananas, date syrup in your smoothies gives low-glycemic sweetness and a source of potassium after that tough workout.



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MEDJOOL DATE PASTE

Spreadable and utterly addictive, date paste is made by blending whole Medjool dates and hot water together until smooth. How easy is that – and it can even be frozen if you make a big batch! The best part about date paste is that it's so versatile. Use it on toast instead of jam, or top on oatmeal in place of brown sugar. You can even flavor date paste with vanilla, coconut, or other fruits as a dip or use it in meat dishes as a glaze. You can bake with date paste too – using it will yield a moist, higher-fiber result which clearly knocks refined sugars out of the game.

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WHOLE MEDJOOL DATES

You can't possibly get any easier than whole dates to add sweetness to anything you can dream of. I love chopping them into my yogurt, or stuffing them with nut butters or cheeses. Use them to make date energy balls, or sprinkle them over a salad instead of dried fruit. If you're like most people, you start craving a sweet snack in the mid-afternoon. Use luscious Medjool dates to take care of that craving and power you through the rest of your day.

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**ANY WAY YOU
USE THEM, DATES ARE**
nature's perfect sweetener!



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