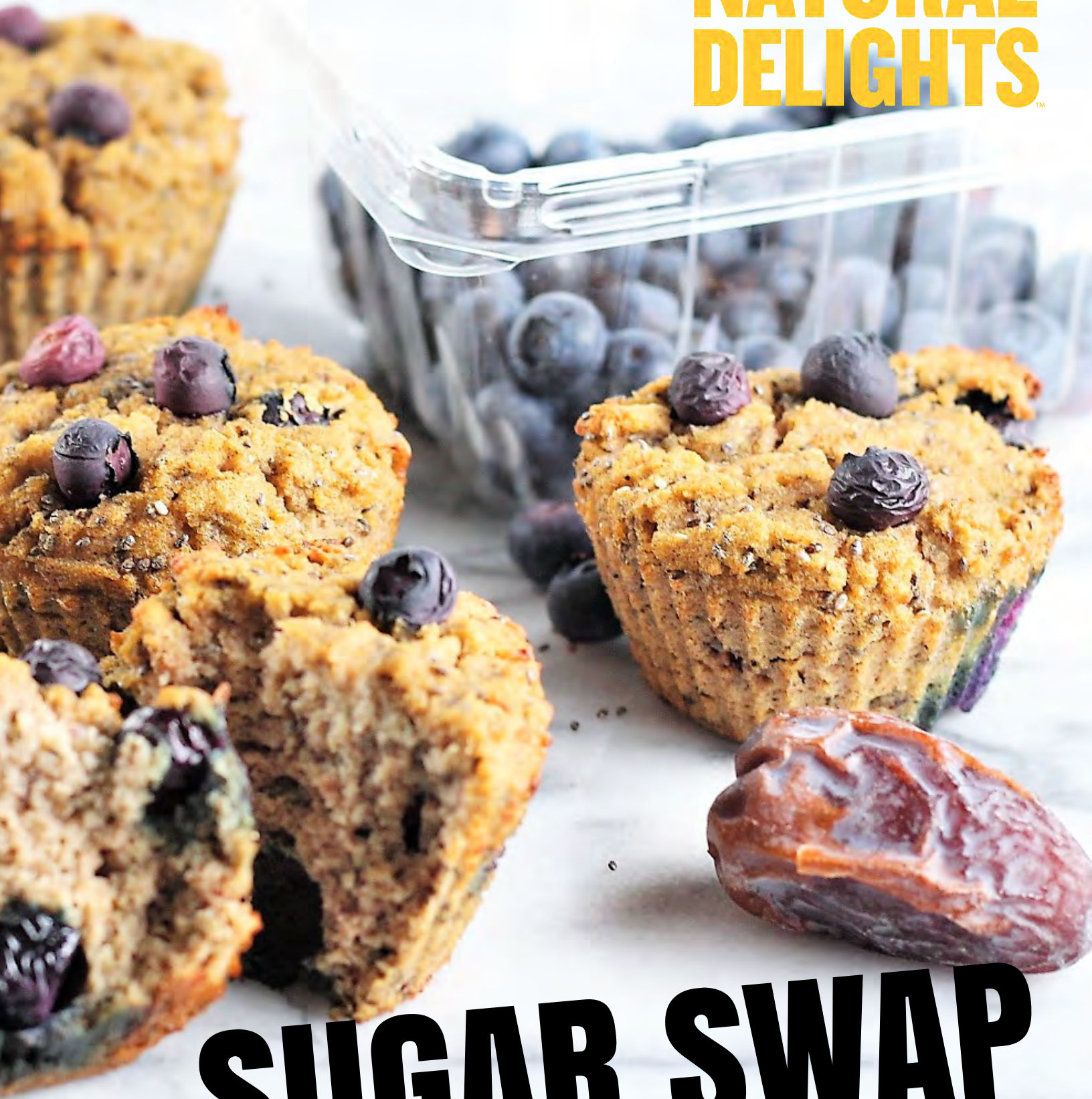


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SUGAR SWAP
GUIDEBOOK



SUGAR SWAP

GUIDEBOOK

Brought to you by:

Natural Delights Medjool Dates

Eats 2 Know

Milk & Honey Nutrition, LLC

Written by:

Dana Harrison, MS

Mary Ellen Phipps, MPH, RDN, LD



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Congratulations!

You did it. You just took the first step towards the ultimate break up. That's right. With this guidebook, you'll learn how to break up with ADDED sugars.

Are you ready? We think you are. The simple fact that you downloaded this guidebook means you're ready for some change, so let's get started..



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Why break up with ADDED sugar?

Well, where should we start? Added sugars are found all over our food supply: breads, crackers, pretzels, salad dressings... and we could keep going. If you're eating processed foods, you'll start to see that sugar is everywhere, and if it's not somewhere, then we typically add it in ourselves.

But, it wasn't always like this. Look at how much sugar intake has increased in the last 200 years:

Year	Pounds of sugar the average American eats every year
1800	2
1970	123
Today	152

This means the average American eats about 6 cups of sugar each week! Bet you didn't think it was THAT much!

The Dietary Guidelines for Americans recommend that no more than 10% of the calories you eat come from ADDED sugar. It's safe to say that we're eating... and drinking... more than that. In fact, it's estimated that nearly half of all added sugars in our diets come from the things we drink... not just from the food we eat!

The Sugar Swap Guidebook will not only teach you how to spot these added sugars in your food, but also how to prepare foods without added sugars that still taste deliciously sweet! Naturally, we'll be highlighting our favorite (natural) sweetener, our beloved medjool dates, but we'll also show you a few other tricks we have up our sleeves for sweetening things with naturally occurring sugars.



The non-rule "rules"

- Be kind to yourself. This challenge isn't about legalism, or following a set of rules. It's about creating awareness around the foods we eat, and specifically the added sugars we may or may not be aware of. It's an awareness exercise. Keep that in mind and remember, a healthy diet is all about balance.
- Naturally occurring sugars are ok. So, that means fruit, medjool dates, dairy, etc. are a-ok in their natural forms.
- Cut out as many added sugars as you can... of any form, regardless of how "healthy" they are. Coconut sugar, table sugar, agave nectar etc... not ok.
- Take your time. This challenge is meant as an awareness exercise. Go through each topic and activity, and do what you can. This is a no pressure zone. You do you.
- Pick a date to start, circle it on the calendar, and start counting down (or up). With every day that goes by, it gets easier and you'll start to be more aware and feel better. Think of this as a challenge, not as a dietary restriction. Having this mindset will help you get through the process. If you can, try to recruit a friend or relative to do the challenge with you so that you can check in on each other.
- Try to be mindful during this process and take note of any physical and mental changes. Embrace the challenge. Ready, set, go!

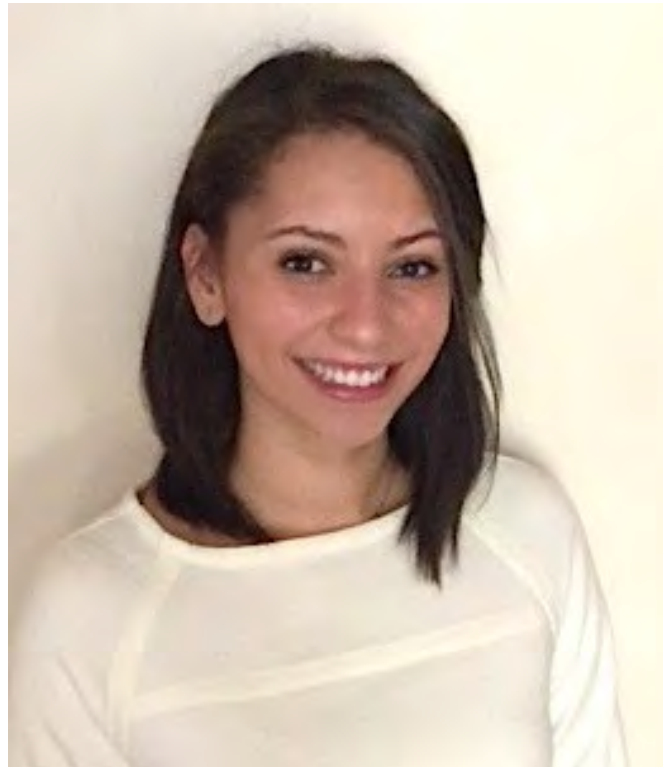


Let's get personal

Dana Harrison, MS

Owner, Nutritionist, and Educator
Eats 2 Know
Natural Delights Medjool Dates Brand Ambassador

Participating in this challenge is eye opening! The first time I did it was to support a group of firefighters at work to bring awareness to the large amounts of sugar in the American diet. I love that it sheds light on how the sugar in our diets can add up quickly and allows us to pay more attention to everything that we are eating during the hiatus. No deprivation or huge cravings with a little planning and incorporating naturally occurring sugar from fruit (medjool dates included)!



Mary Ellen Phipps, MPH, RDN, LD

Owner & Registered Dietitian Nutritionist
Milk & Honey Nutrition, LLC
Natural Delights Medjool Dates Brand Ambassador

The first time I did this challenge, I cut out my favorite flavored yogurts and bread, as well as the coconut sugar I sometimes add to my coffee. What I did not cut out was the medjool dates and unsweetened applesauce I use in my favorite breakfast cookie recipe. Both of these are a whole food with naturally occurring sugars... no ADDED sugars there. Doing this week-long sugar swap is so eye-opening every time!



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Here's how the sugar swap Guidebook will work...

Each topic we'll cover in The Sugar Swap Guidebook will have two parts...

- A "lesson" of sorts (We feel so teacher-ish saying that, but you'll love it!) ... something to help educate you and grow your skills at spotting added sugars in the foods you eat every day.
- An activity. This is the fun part! Kind of like homework, but you'll be excited to do it... We promise!

And as an added bonus...

After all of this information on added sugars, sweeteners, and everything in between... you'll find 20 amazing recipes at the back of this guidebook, so you can get started making those added sugar free eats right away!





The many names of sugar

Sugar comes in many forms, so it's important to know a few popular ones that may show up in your processed foods. Before we can eliminate added sugar, we need to know what we're looking for. Did you know there are over 61 different names for added sugar? That's a lot! Some of the names for sugar are more obvious, like:



- Sugar
- Honey
- Agave
- High Fructose Corn Syrup
- Glucose
- Maple syrup
- Fructose
- Sucrose
- Molasses

But there are some that aren't as obvious, and you need to watch out for:

- Barley malt
- Dextrose
- Maltose
- Cane juice
- Dextrin
- Maltodextrin
- Maltol
- Mannose
- Maltose
- Muscovado
- Panocha
- Saccharose
- Sweet sorghum
- Treacle



These different names for added sugar can be found in 74% of packaged foods! So, this brings us to your first activity. Before starting the challenge, try to plan ahead and do some research. Start taking notice of where sugar is in your diet before diving in. This will help you gain perspective before starting, which in turn will allow for a successful challenge.



Activity: read your ingredient lists

Go through your fridge and pantry and look at the ingredient list on every single packaged food... yes... every single one of them. Which ones have added sugars? Are you surprised by any of them? (Hint: most words ending in "-ol" or "-ose" are either added sugars, or sugar substitutes, which we'll talk about later on.)

Now, go make a list of every food you found that had added sugar. Keep this list handy so you can reference it. Going forward, we want you to eliminate all of these foods with added sugar (and fake sugar, but we'll talk more about those in a few pages) for a few days. See how your body and mind respond. It may seem daunting, but you can do it!

Suggested Recipes:

Don't worry if you had to add your favorite granola bar or protein bar to that list you just made. Our Cacao Peppermint Energy Bites and Cinnamon Maca Energy Bites are nothing short of AMAZING!!



Natural sweetener options

So, now that you know all the different names that sugar hides as... which ones are ok? The short answer is "all of them"... and the other short answer is "none of them" ... not confusing at all, right?!

We need to be careful not to label these sweeteners as "good" or "bad." The goal is not to vilify sugar, but to understand how much sugar is in our diets and to find a sense of balance verses excess.

All of them are ok in certain amounts, some more than others obviously... and how much is ok for you depends on a lot of different factors.

But for the purposes of the Sugar Swap Guidebook, we're focusing on using only naturally occurring sugars. So, adding coconut sugar, table sugar, agave, etc. (even though they're known as more "natural" options) isn't included. They may be "natural" but they are still added sugars. Here are a few examples of whole foods with naturally occurring sugars you can use to sweeten dishes:

- Medjool dates
- Berries
- Raw coconut
- Bananas
- Raw nuts
- Frozen fruit





Activity: coffee without sweetener

- Before you roll your eyes at us, just give it a try. Add a sweetener-free creamer/milk of choice/coconut butter if you need to... or better yet, check out our favorite coffee creamer recipe that uses Medjool Dates for the perfect little dose of natural sweetness!



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Artificial sweeteners: aka, "fake sugar"

So what exactly are artificial sweeteners, or "fake sugar"? They are a group of food-like products designed to mimic the taste and flavor of sugar and other sweeteners... with minimal amounts of sugar and calories. Sounds great, right? And for a very long time, we believed that because these "fake sugars" added zero-calories to our diet, they were a better choice.

You'll often find artificial sweeteners in foods labeled as "sugar free," "no sugar added," or "diet". You may see them listed in ingredient lists under the following names:

- Acesulfame Potassium
- Aspartame
- Neotame
- Saccharin
- Sucralose



While occasional use is fine, artificial sweeteners shouldn't be used on a regular basis. Research continues to show an association between increased consumption of artificial sweeteners and certain health conditions such as cancer and diabetes, but more importantly, they can cause your tastebuds to become addicted to sweet foods. Most artificial sweeteners are several more times sweeter than traditional sugar. For example, sucralose (aka, Splenda) is almost 600x as sweet as sugar. When we consume artificial sweeteners on a regular basis, our taste buds get used to that overly sweet taste, which makes us even more addicted to sweet foods. It is also believed that artificial sweeteners can cause poor eating habits as a result of these more intense cravings for sweeter foods.



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Activity: Throw away all the fake sugar

Go to your pantry, and just throw them away. Do it (or, if you can't bring yourself to throw them away, put them somewhere where they are out of sight and you won't see them in your day-to-day routine)! It's a lot easier to resist temptation when it's not there. While you will miss that intense sweetness at first, over time (usually about 2-3 weeks for most people), your taste buds will become more accustomed to less sweet flavor. If you are doing a full Sugar Swap, you can eliminate them completely, or if you're trying to make gradual changes, try swapping them out for a natural sweetener like a homemade Medjool Date Paste or date sugar.



High fructose corn syrup

High fructose corn syrup (HFCS), similar to artificial sweeteners, can be found all over our food supply. Jams, salad dressings, breads, crackers, ice cream, and the list goes on. We even once saw HFCS listed in the ingredient list for pretzels! It's prevalence in the food supply speaks to just how addicted we are to sugar.

HFCS has gotten a lot of press lately, and not in a good way. It's been blamed for nearly

every chronic health condition, and while still prominent, we're seeing it disappear from a lot of companies' ingredient lists. But, why? Some reports claim HFCS is even more detrimental to our bodies than regular sugar. That our bodies process it differently and it causes more inflammation. Is that true though? Most likely, no. But that doesn't give it a pass. It is still sugar, and ADDED sugar at that. It's needs to be limited just like every other form of added sugar.





Activity: Make your own salad dressing

One food that HFCS sneaks into frequently is condiments. Surprisingly, many salad dressings contain HFCS within the ingredient list. And it's usually joined by added salt, preservatives, and other questionable ingredients. Did you know you can make your own for literally pennies?? You'll also be in control of the nutrients and can cut out other preservatives that tend to hide in dressings—more wins! All you really need is a little oil, vinegar, and some spices... mix it all up, and you're good to go. Try our Date Peanut Sauce recipe!



carbs, protein, and fat: why they are all needed, and how they fit together

Every food we eat is made up of some combination of carbohydrate, protein, and fat. These are what we call "macronutrients". They are the only things that contribute calories to our diets. (The exception to this is alcohol, which does add calories, but has no known nutritional benefit and thus, is not considered a nutrient.)

Even though this Guidebook is all about sugar, which is a type of carbohydrate, it's important to know how all of these things fit together in our diets.

Carbohydrates have gotten a bad reputation in the last decade. But, they are not something to be avoided. They provide glucose, which is our brain's primary source of fuel. (There's a reason people on low-carb diets are often so cranky!) The bad rep likely came from the over abundance of added sugars in our diet. Unfortunately, things like whole grains, fruits, and vegetables were also vilified in the process. When choosing carbohydrates, it is important to understand that there are two different kinds, simple and complex, that we turn to for different reasons. Simple carbohydrates found in fruits and milk are quick sources of energy; whereas complex carbohydrates found in vegetables and whole grains, provide sustainable energy, as they typically have higher fiber, fat, and or protein contents .





Fat and protein are also essential components of our diets. Not only can they be used as energy sources, but they help prevent blood sugar spikes that may occur when too much carbohydrate is eaten at one time. Combined, fat and protein help us feel full longer, aid in muscle growth, increase absorption of vitamins and nutrients, and help reduce inflammation in our bodies. When incorporating fats and protein in our diets, we want to concentrate on eating healthy fats (mostly coming from monounsaturated fats like olive oil, avocados, and nuts) and lean protein options.



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Activity: **Plan 3 added sugar free snacks**

Given what you've learned so far. Try to plan out three different snacks that you can eat when needed throughout the week. You can do simple things like fruit, cheese, unsweetened nut butters and nuts, and meat...or try out the three snack recipes we have in this Guidebook.



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What about fruit?

Fruits have fructose, a form of natural sugar, in them. So should you limit fruit? Fruits are filled with fiber, vitamins, minerals, and antioxidants. They're great for providing energy and keeping us full longer (we can thank their water content for that)... but what about all the sugar? Is there a difference between naturally occurring sugars in fruit, and the added sugars we see in breads, sauces, desserts, etc.? The answer is yes... there's a big difference.

Sugar found in fruit, dairy, vegetables, and grains is meant to be there. It exists in perfect balance with other naturally occurring nutrients. It is easier for our bodies to process naturally occurring sugars than added sugars. It causes less inflammation and less blood sugar spikes. But, just like any other food, you can take it too far. Even naturally occurring sugars can become unhealthy when eaten in excess.

So, how much fruit should you have? Most people can have an average of 2 servings of fruit each day as part of a healthy balanced diet. (This will vary depending on age, sex, activity level, and many other factors.)



Different types of fruit have different serving sizes. Here's a few examples :

Apples	1 small apple
Bananas	1/2 medium banana
Berries	1 cup fresh berries
Mangoes	1 medium mango
Melon	1 cup chopped, or 1/3 melon
Pears	1/2 medium pear
Oranges	1 orange
Cherries	1/2 cup cherries
Medjool dates	1 large medjool date, or 2 small



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Activity: Make added sugar free jelly



Since fruit has all that naturally occurring sugar, there's no need to add any other sweeteners like table sugar or high fructose corn syrup. The easiest way to make jelly? Just mash up some raspberries or blackberries and spread it on your favorite piece of toast. You can even add chia seeds, which will solidify the jam, for an extra boost of fiber and healthy fats. Want something with a little more depth of flavor? Try our Raspberry Chia Jam.



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Let's put this all together... where does sugar fit?

Now that you've gone through the guidebook and completed the activities, it's important to figure out how big of a presence sugar has in your diet. Taking the time to examine added sugars within your diet may help you become more mindful of your sugar intake after you've finished this challenge. When purchasing processed foods, if interested in understanding how much added sugar is in that product, you can check the nutrition label for sugar content (in grams). Divide the grams of sugar by four to calculate how many teaspoons of sugar are present.

For now, it's important to remember that there are naturally occurring sugars (carbohydrates) in foods such as fruits, vegetables, whole grains, and dairy products, so this calculation is not accurate for added sugars here. Come the end of 2018, nutrition labels will have a new addition labeled "added sugars," so that you will know exactly how much added sugar is in each product you're consuming .



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Activity: Identify foods with added sugar you're ok eating

Now that we've covered most of our bases with regards to added sugar, what it is, what it's called, where its hiding, and how much to have... it's time for you to decide. What sources of added sugar did you cut out and intend to keep out of your diet? What are you going to add back in?



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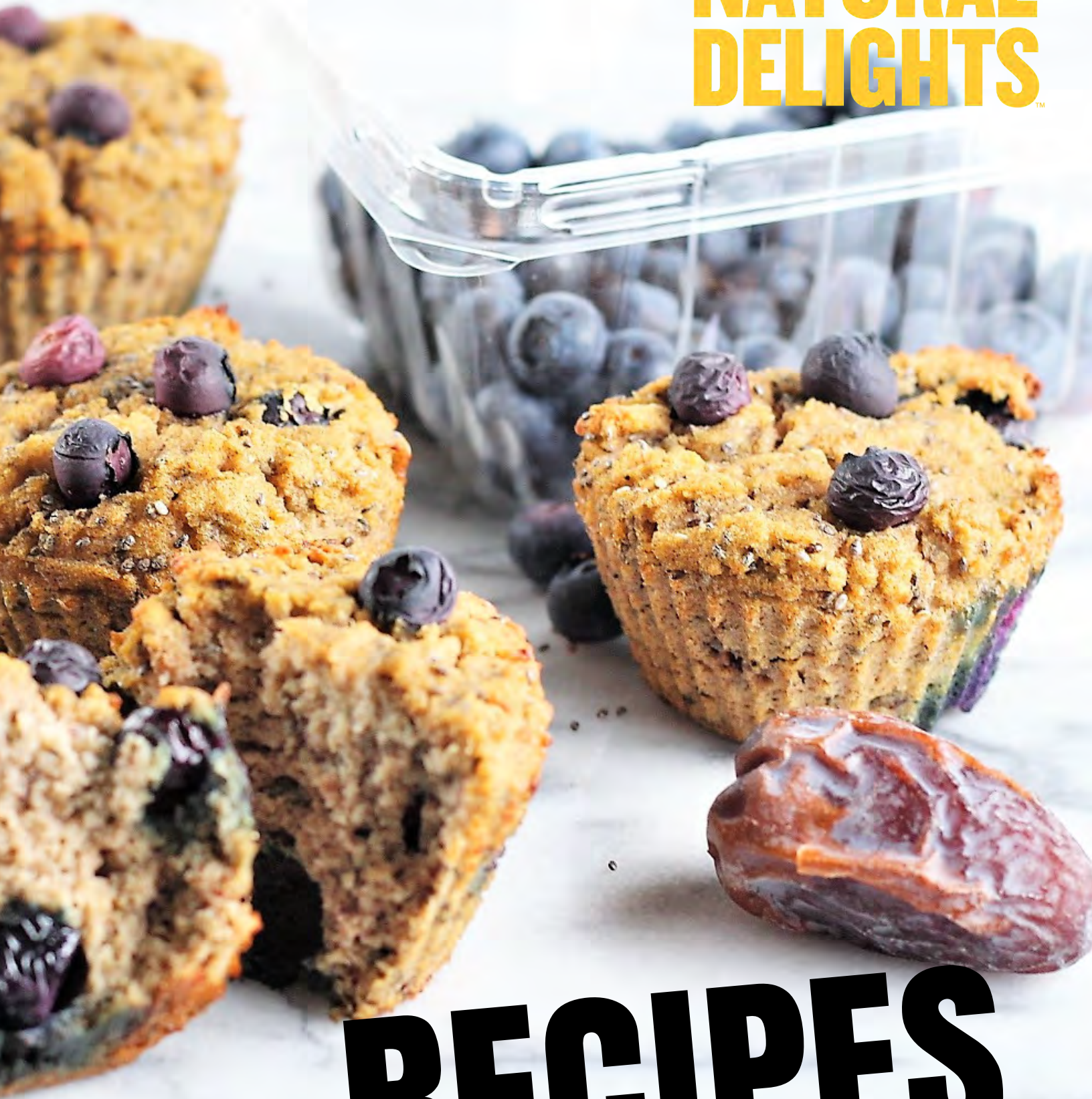
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RECIPES



Recipes

Breakfast

- Avocado Banana Cookies
- Caramelized Date & Sage Chicken Sausage

Smoothies and Beverages

- Avocado Frozen Hot Chocolate
- Blueberry Superfood Smoothie
- Strawberry Rhubarb Pie Smoothie
- Butternut Squash Smoothie

Lunch/Dinner

- Turkey Burgers with Cheesy Bacon Corn Relish
- Sausage Brussel Sprout Date Pizza

Appetizer

- Goat Cheese, Bacon Wrapped Dates
- Grilled Romaine Waldorf Salad

Snacks

- Cacao Peppermint Energy Bites
- Cinnamon Maca Energy Bites
- Ants on a Log
- Oatmeal Chocolate Chip Cookies

Condiments

- Raspberry Chia Jam
- Coffee Creamer
- Date Peanut Sauce

Desserts

- Vegan Cheesecake with Date Nut Crust
- Coconut Chia Pudding
- Mexican Chocolate Fudge Pops



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Avocado Banana cookies

Yield: 24 cookies

Time: 45 minutes

Ingredients

- 1 1/2 cups whole grain flour
- 3 cups rolled oats (use gluten free if needed)
- 4 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp salt
- 1 large avocado
- 1 banana
- 1/4 cup avocado oil
- 1/2 cup plain yogurt
- 1/2 cup pumpkin puree
- 2 eggs
- 2 cups chopped Natural Delights Medjool Dates

Instructions

Preheat oven to 375. Mix dry ingredients together in large bowl. Combine wet ingredients in separate bowl and mix well. Mix dry and wet ingredients together. Stir in dates by hand.

Line baking sheets with parchment paper. Using a 1/4 cup measure or standard size ice cream scoop drop on baking sheet 1 inch apart. Bake for 20 - 25 minutes until set and starting to brown. Let cool on a wire rack.

These don't change shape very much once baked, so if you want flatter, rounder cookies, be sure to flatten them before baking.



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Caramelized Date & Sage Chicken Sausage

Yield: 12 patties

Time: 20 minutes

Ingredients

- 1 pound of lean ground chicken
- 1/4 cup diced sweet onion
- 1 TBSP fresh sage (6 leaves)
- 2 finely chopped Natural Delights medjool dates
- 1 tsp salt
- 1 tsp pepper
- 1 TBSP olive or avocado oil

Instructions

Sautee onions, dates, and sage on medium heat in oil until caramelized. In a mixing bowl, combine ground chicken, spices, and caramelized mixture. Form patties by using an ice cream scoop. In a cast iron skillet, add patties and cook until browned on each side, approximately 3 minutes per side. Serving suggestion: with eggs and greens.



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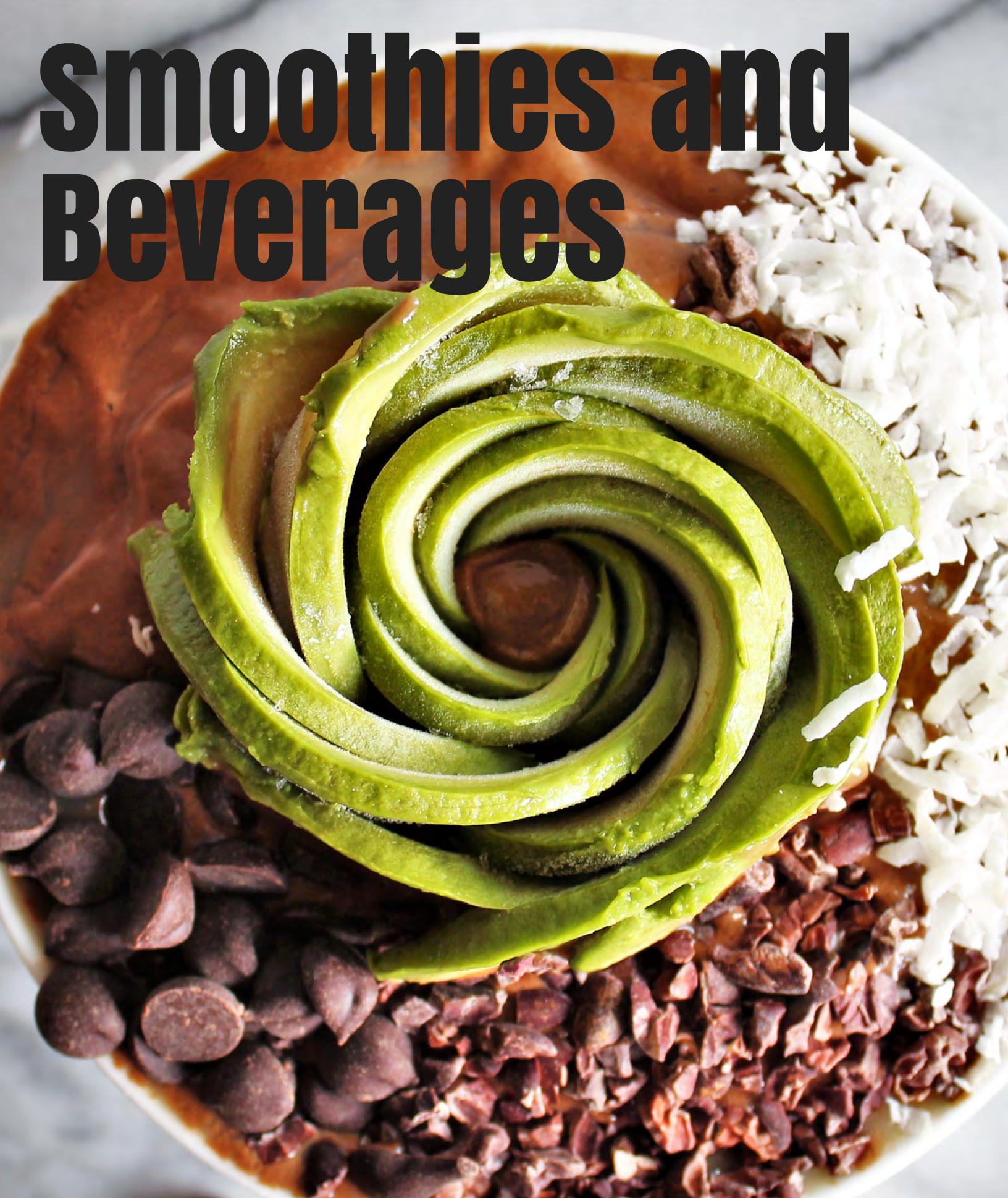
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Smoothies and Beverages



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Avocado Frozen Hot Chocolate

Yield: 2 servings

Time: 5 minutes

Ingredients

- 1 cup unsweetened vanilla almond milk
- 2 Tbsp rice milk powder
- 3 Tbsp unsweetened cocoa powder
- 1 1/2 cups crushed ice
- 1/2 medium avocado, peeled, pit removed
- 2 Natural Delights medjool dates, pits removed

Instructions

Combine all ingredients in your blender and blend on high for 60 seconds



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Blueberry superfood smoothie

Yield: 2 servings

Time: 5 minutes

Ingredients

- 3 pitted Natural Delights medjool dates
- 1 cup frozen blueberries
- 1 cup chopped raw or frozen kale
- 1/4 cup frozen riced cauliflower
- 1 1/2 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1/2 Tbsp all natural peanut butter (optional)
- 2 Tbsp oats or oat bran
- 1 Tbsp chia seeds

Instructions

Blend all ingredients together for 60 seconds in a high powered blender. Enjoy in a glass or bowl and top with toppings of choice!



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Strawberry Rhubarb Pie Smoothie

Yield: 1 serving

Time: 5 minutes

Ingredients

- 1 cup frozen strawberries
- 1 cup of milk of choice
- 1/3 cup frozen cauliflower
- 2 Natural Delights medjool dates
- 2-3 inch piece of rhubarb
- 1-2 tbsp oatmeal

Instructions

Blend all ingredients together for 60 seconds in a high powered blender. Enjoy in a glass or bowl and top with toppings of choice!



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Butternut Squash Smoothie

Yield: 1 serving

Time: 5 minutes

Ingredients

2/3 cup frozen butternut squash

1/2 cup frozen cauliflower

2 Natural Delights medjool dates

1/2 tsp cinnamon

1 Tbsp tahini

2 cups unsweetened milk of choice

Instructions

Blend all ingredients together for 60 seconds in a high powered blender. Enjoy in a glass or bowl and top with toppings of choice!



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Lunch/Dinner



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Turkey Burgers with cheesy Bacon Corn Relish

Yield: 6 burgers

Time: 1 hour

Ingredients

Turkey Burgers

2 pounds ground turkey

2 eggs, beaten

1/3 cup quinoa flour

1/2 cup shredded mozzarella cheese

2 Tbsp medjool date paste (see Raspberry chia jam recipe for instructions)

2 Tbsp Everything but the Bagel Spice (or your other favorite spice mix)

Bacon Corn Relish

2 cans no-salt-added corn, drained

1 can Mushroom Soup

1/2 cup shredded mozzarella cheese

6 slices uncured pork bacon, cooked and crumbled

Brussel, kale, broccoli slaw

Avocado Oil



Instructions

Preheat the oven to 350 degrees. In a medium bowl, combine all of the relish ingredients. Mix to combine. Pour into a greased baking dish, and bake for 30 minutes.

Meanwhile, warm a large skillet with a thin layer of avocado oil over medium-high heat on the stove. In a large bowl, combine all of the turkey burger ingredients and mix well with your hands. Using an ice cream scoop, scoop the meat out onto a sheet of parchment paper. Using wet fingers, press the patties flat. (They will stick some to the parchment paper and you may need to reshape them slightly when you place them in the pan.) Transfer 4 patties at a time to the skillet. Cook for 8 minutes on the first side, flip, then cook for 4 more minutes. Repeat with remaining meat.

Once the relish is done baking, remove it from the oven and let it sit for at least 20 minutes. Then, pour it into a mesh strainer and let the excess liquid drain out.

Once the burgers are done cooking, use the grease in the pan to sauté the slaw for a few minutes until it starts to wilt.

Serve on buns, or as is with relish and sauteed slaw (pictured). Enjoy!



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Sausage Brussel sprout Date Pizza

Yield: 8 servings

Time: 25 minutes

Ingredients

- 1 homemade or store bought pizza crust
- 1/3 cup preservative and sweetener free tomato sauce
- 1 cup shredded mozzarella cheese
- 1 cup shredded colard greens
- 3oz. uncured sausage, cooked
- 1 cup shredded root vegetable of choice
- 4 Natural Delights medjool dates, chopped

Instructions

Preheat oven to 425 degrees. Spread sauce and then cheese on pre-made pizza crust. top with sausage, veggies, and medjool dates. Bake for 10-15 minutes or until cheese is melted and medjool dates have browned.



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Appetizers



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Bacon Wrapped Medjool Dates

Yield: 12 dates

Time: 45 minutes

Ingredients

12 Natural Delights medjool dates, pits removed

1/4 cup crumbled goat cheese

3 slices uncured bacon

Tools needed:

12 toothpicks

Oven-safe cooling rack



Instructions

Preheat your oven to 375 degrees.

Carefully slice the side of each medjool date creating a clean line. (Remove the pit at this point if they are not already pitted, being careful not to fully open the medjool date.)

Next, slice each piece of bacon in half vertically. Then slice each long piece in half horizontally. You will now have 12 thin strips of bacon.

Add 2-3 crumbles of goat cheese inside each date. Press the medjool date closed. Then wrap with one strip of bacon and secure with a toothpick. Arrange the stuffed and wrapped medjool dates on the cooling rack. Then place the rack on top of a baking sheet with sides (The bacon will drip grease, and you will need something under the dates to catch the grease.). Bake for 20-25 minutes, or until bacon appears cooked through. Enjoy!



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FRESH MEDJOO DATES

Grilled Romaine Waldorf salad

Yield: 4 servings

Time: 20 minutes

Ingredients

2 Romaine hearts sliced lengthwise
1-2 Tbsp avocado or olive oil
1/2 cup halved red grapes
1 oz of goat cheese crumbles
1/4 cup crushed almonds
Dash of salt and pepper

Apple Cider Vinaigrette:

1/4 cup olive oil
1 TBSP apple cider vinegar
1 tsp dijon mustard
1 Natural Delights medjool date



Instructions

Cut romaine hearts in half (length wise) and brush with avocado oil and a few dashes of sea salt and black pepper. Massage romaine hearts to get the oil and seasoning evenly distributed. Grill for two minutes face down (should create a char), and one minute on the other side. Top with red grapes, goat cheese, and chopped almonds. Drizzle with apple cider vinaigrette before serving.

For dressing: combine all ingredients in a food processor or blender on high. Blend until medjool date is completely blended and smooth.



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snacks



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Cacao Peppermint Energy Bites

Yield: 12 bars or 24 bites

Time: 20 minutes

Ingredients

- 1 cup raw cashews
- 1/2 cup slivered almonds
- 1/4 tsp salt
- 1 Tbsp cacao powder
- 1 1/2 cups pitted Natural Delights medjool dates, tightly packed
- 1/4 cup shredded unsweetened coconut
- 1/4 cup semi-sweet chocolate chips
- 2 drops peppermint essential oil

Instructions

In an 11-cup (or larger) food processor, blend the first four ingredients until they form a powder (about 30 seconds). Add the remaining ingredients, and blend until the dough starts to ball up (about 3-4 minutes). Line a baking sheet with wax paper and shape dough into balls or press flat.

Refrigerate for at least one hour and then slice (if pressed flat) and transfer to an airtight container. Keep refrigerated for up to 2 weeks.



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Cinnamon Maca Energy Bites

Yield: 12 bites

Time: 10 minutes

Ingredients

1 cup almond meal
4 Natural Delights medjool dates
2 scoops unsweetened protein powder of choice (optional)
2 tbsp coconut butter
1/2 tsp cinnamon
1/4 tsp maca
Sprinkle of sea salt
Splash of vanilla

Instructions

Combine all ingredients in a food processor. Pulse. Add 2 TBSP of water until mix starts to form a dough. Form bites out of 2 Tbsp spoonfuls of dough and place on parchment paper. Add toppings (ex: unsweetened coconut, hemp seeds, cacao nibs, etc.) Store in refrigerator or freezer.



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Ants on a Log

Yield: 4-5 servings

Time: 20 minutes

Ingredients

- 1 large sweet potato
- 1/4 cup plain hummus
- 2 Natural Delights medjool dates, chopped
- 1/4 cup chopped nuts
- 2 Tbsp chia seeds



Instructions

Wash the sweet potato. Slice vertically about 1/4-1/3 inch thick. You should have 4-5 slices depending on the size of your potato. Cook the sweet potato slices in the toaster or toaster oven. If using a traditional toaster, heat on the highest setting for 3-4 cycles or until brown spots start to appear if using a toaster oven.

Once cooked, allow the slices to cool until they are cool enough to handle. Spread hummus on each slice and top with chopped nuts, medjool dates, and chia seeds. Enjoy!



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Burn Valley
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High Protein oatmeal chocolate chip cookies

Yield: 10-12 cookies

Time: 35 minutes



Ingredients

- 1 cup rolled oats
- 1 can low sodium garbanzo beans, rinsed and drained
- 1/4 cup avocado oil
- 1 1/2 tsp vanilla extract
- 1/4 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup medjool date paste (see Raspberry Chia Jam recipe for instructions)
- 1/2 cup unsweetened chocolate chips or cacao nibs

Instructions

Blend all ingredients in a food processor for about a minute until batter is a smooth consistency. You may need to stop the food processor once and scrape down the sides.

Once the batter is one consistency, remove the blade. Stir in chocolate chips. Using an ice cream scoop, drop batter onto a baking sheet lined with parchment paper. Using a fork gently press the dough scoops flat. Top with 2-3 additional chocolate chips per cookie, if desired. Bake at 350 degrees for 25 minutes. Let the cookies sit on the pan for 5 minutes. Then transfer to a cooling rack. Store in an airtight container for up to 3 days.



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condiments



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Raspberry chia Jam

Yield: 1/3 cup

Time: 4 hours

Ingredients

- 1 cup raspberries
- 1 Tbsp chia seeds
- 2 Tbsp Medjool Date paste*

Instructions

In a medium size bowl, mash the raspberries with a fork. Add in chia seeds and Medjool Date paste. Stir until fully combined. Pour the jam into a mason jar or another container with a lid. Store in the refrigerator for at least 4 hours before eating. Enjoy!



Medjool Date Paste

- 6 Natural Delights pitted medjool dates
- 2 cups filtered water

Combine medjool dates and water in a small saucepan and bring to a boil. Let boil for 10 minutes with lid on. Remove from heat and let it cool for 10-15 minutes. Place medjool dates and 1/4 cup of liquid in food processor and process until smooth. (You may need to stop and scrape down the sides 1-2 times.) Store in a small mason jar or another container with a lid for up to 7 days.



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Coffee Creamer

Yield: 12oz.

Time: 5 minutes

Ingredients

- 1 can full fat coconut milk
- 2 Tbsp medjool date paste*
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1 tsp vanilla extract



Instructions

Combine all ingredients in a high powered blender, and blend for 60 seconds. Use in your favorite coffee, hot or cold!



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Date Peanut Sauce

Yield: 4oz.

Time: 5 minutes



Ingredients

- 2 Tbsp natural peanut butter
- 2 Tbsp medjool date paste (see Raspberry Chia Jam recipe for instructions)
- 4 tsp rice vinegar
- 4 tsp tamari sauce
- 1 tsp ginger, chopped fine
- 3 tsp sesame oil

Instructions

Combine all ingredients in a mason jar. Secure lid and shake until well combined. Use as sauce on pizza (as shown), for dipping vegetables, as salad dressing and more!



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Desserts



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Vegan Cheesecake with Date Nut Crust

Yield: 8 servings

Time: 4 hours

Ingredients

Crust

2 cups raw cashews

1 1/2 cups Natural Delights medjool dates,
pits removed

1/2 cup dried cranberries

1/2 cup slivered almonds

Cake

2 1/2 cups raw cashews soaked in water
overnight

1/4 cup medjool date paste (see Raspberry
Chia Jam recipe for instructions)

1/4 cup coconut oil

1 tsp vanilla extract

1/4 tsp almond extract

Juice from 1/2 an orange

Instructions

Combine all crust ingredients in the food processor and process for 3-4 minutes until it starts to ball up. Spread in a plastic wrap lined pan pressing evenly on the bottom and up the sides. (You could also use a springform pan as long as it has a flat bottom, not the little divots that some pans have. This would be appropriate if you want a bottom only, no sides crust.) Top with another layer of plastic wrap and refrigerate for at least one hour.

Process all cake ingredients on high in food processor for several minutes until completely smooth. Pour on top of crust and re-cover with plastic wrap. Freeze overnight.



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Coconut chia Pudding

Yield: 16oz.

Time: 4 hour 15 minutes

Ingredients

1/3 cup chia seeds

5oz. low sugar coconut yogurt

2 Tbsp Medjool Date Paste (see Raspberry Chia Jam recipe for instructions)

2 scoops unsweetened protein powder

1 cup unsweetened almond milk

Instructions

Combine the first four ingredients in a 16oz. wide mouth mason jar, or another 16oz. container with a lid. Using a fork, mix well until fully combined. Add almond milk until the jar is full, leaving about a 1/4 inch room at the top. Secure lid, and shake well until fully combined. Refrigerate for at least 4 hours or overnight. Enjoy as is, or pair with your favorite frozen fruit, nuts, or even our homemade Raspberry Chia Jam!



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Mexican Chocolate Fudge Pops

Yield: 6 fudge pops

Time: 3 hours

Ingredients

- 1 can full fat coconut milk
- 3 Tbsp cacao powder
- 1/2 tsp cinnamon
- 1/4 tsp cayenne
- 2-3 Natural Delights medjool dates

Instructions

Blend all ingredients together for 60 seconds on a high powered blender. Fill 6 freezer pop molds with blended mixture. Freeze for at least 3 hours. When ready to eat, run mold under hot water for a few seconds to loosen up fudge pops.

