



Date Recipes

Rick Heetland

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Satisfy your sweet tooth with nature's nearly low-sodium, low-fat treats--DATES! With natural sugars, dates boost energy, while providing potassium, iron, niacin, protein and fiber. Nature supplies the dates; use DATE RECIPES to enjoy them to the fullest! Along with a variety of date recipes, this cookbook also contains information about different kinds of dates. The recipes were submitted by cooks across the country. Contents: Introduction; Appetizers; Salads; Breads and Loaves; Muffins; Cakes; Tortes; Cookies and Bars; Balls and Drops; Date Rolls; Pies; Desserts; Puddings; Candy; Miscellany; Index

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