

NOURISH Step” Baking with Dates/Prunes:



Dates & prunes add natural sweetness, texture, and moisture, so you can eliminate the “empty calories” from *added sugars* and replace unhealthy fats.

Date or Prune Swap Baking Chart

Replace This	With Dates	How to Use	Best For
Butter or shortening	Date or Prune paste (Recipe on p. 2)	Replace $\frac{1}{2}$ – $\frac{3}{4}$ cup date or prune paste for 1 cup fat	Muffins, quick breads, snack bars
Oil	Date or Prune paste	Replace $\frac{1}{2}$ of the oil	Brownies, bars, baked oatmeal
Frosting or cream cheese filling	Date or Prune paste + milk or yogurt	Blend until smooth	Snack bars, layered desserts
Chocolate chips or candy	Chopped dates	1:1 replacement	Cookies, granola bars, banana bread
Caramel or sugar glaze	Date “caramel”	Blend dates or prunes + warm water + vanilla	Fruit crisps, baked oatmeal
Part of fat + moisture	Date or Prune paste + applesauce	Use $\frac{1}{2}$ date or prune paste + $\frac{1}{2}$ applesauce	Cakes, quick breads



Tip: For any of the above, add 1–2 Tbsp oil if the texture feels too dense.

Nutrients You Gain by Using Dates or Prunes

✓ Fiber (Digestion & Blood Sugar Support)

- ~3 g fiber per 2 dates or prunes
- Helps slow digestion and reduce blood sugar spikes

✓ Potassium (Heart & Muscle Health)

- Supports blood pressure and hydration

✓ Magnesium (Muscle, Nerves & Bone Health)

- Important for relaxation and muscle function

✓ Antioxidants

- Natural polyphenols help reduce inflammation

✓ No Trans Fat or Added Sugar

Visit <https://gwaar.org/nourishstep> for more tips. GWAAR Nutrition Team 1-21-26

Why This Matters

Helpful for: - Managing blood sugar - Supporting digestion - Adding nutrients without increasing portion size - Improving heart and brain health.



NOURISH Step Connections

- **Nutrient Dense:** Fiber, potassium, magnesium
- **Increase Fiber:** Supports gut health & fullness
- **Sugar Awareness:** Replaces refined sugars
- **Recipes:** Simple, affordable, pantry-friendly



Simple Recipe: Date-Sweetened Banana Oat Muffins

Ingredients

- 1 cup mashed ripe bananas
- ½ cup date or prune paste (see recipe below)
- 2 eggs or 2 Flax Eggs (see recipe below)
- ¼ cup oil
- 1½ cups rolled oats (or oat flour)
- 1 tsp baking soda
- 1 tsp cinnamon - Optional: chopped nuts, dried fruit, shredded veggies, or seeds



Image by Pam Carter from Pixabay

Directions **1.** Preheat oven to 350°F. Line or grease muffin tin. **2.** Mix bananas, date or prune paste, eggs or flax eggs, and oil. **3.** Stir in oats, baking soda, and cinnamon. **4.** Fold in nuts, shredded veggies, fruit, and seeds if using. **5.** Bake 18–22 minutes until the toothpick comes out clean.



Date or Prune Paste Recipe

- 1 cup pitted dates or prunes
- ¾ cup hot water

Blend until smooth. Store refrigerated up to 1 week.



Flax or Chia Egg Recipe

- 1 TBSP Ground Flax or Chia Seeds
- 3 TBSP Warm Water

Stir and let sit for 5 minutes. This replaces 1 egg in a baked good recipe.

