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Culinary Medicine

## Coconut Pecan Date Rolls

**Yield: 8 servings**

### Ingredients

1 cup dates; pitted

¼ cup pecans

½ cup coconut; dried,  
shredded, unsweetened

### Instructions

1. Gather all ingredients and equipment.
2. In a food processor, blend dates, pecans and half of the coconut, until a paste forms.
3. Scoop out 1 tablespoon at a time and form into a ball. Roll ball into the remaining coconut.

### Nutrition Information

**Serving Size: 1 roll**  
Calories: 100  
Total Fat: 4.0 g  
Saturated Fat: 1.0 g  
Monounsaturated Fat: 0.0 g  
Sodium: 20 mg  
Total Carbohydrate: 16.0 g  
Dietary Fiber: 3.0 g  
Sugars, Other: 14.0 g  
Protein: 1.0 g

Source: Goldring Center for  
Culinary Medicine