

# Gluten-free Date Bread

Created by Felicia Watson, M.S., FSHN graduate student

## Ingredients:

1 cup warm water  
1 ½ cup dates, pitted and chopped roughly  
½ cup tapioca flour  
½ cup brown rice flour  
½ cup quinoa flour  
½ teaspoon xanthan gum  
¾ cup sugar  
½ teaspoon baking powder  
¼ teaspoon salt  
1 teaspoon vanilla extract  
1 large egg

## Directions:

Preheat oven to 350°F. Coat three small loaf pans with cooking spray. (Alternatively, coat a single 9-inch loaf pan with cooking spray.)

Place dates in a food processor. Pour warm water over them to soak for 5 minutes. Pulse to puree dates. Pour into large bowl.

Combine flours, salt, baking powder and xanthan gum in a small bowl. Add sugar and egg to dates in large bowl and combine well. Slowly incorporate flour mixture into liquid mixture until thoroughly combined. Add vanilla extract.

Bake for 45 to 50 minutes, until a knife inserted in the center of the loaves comes out clean.

Yield: 18 servings

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

<b>Nutrition Facts</b>	
Serving Size 1 slice	
Servings Per Container 18	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 2g	8%
Sugars 16g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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