



Brioche French Toast



Date Bundt Cake



Oatmeal Brownies



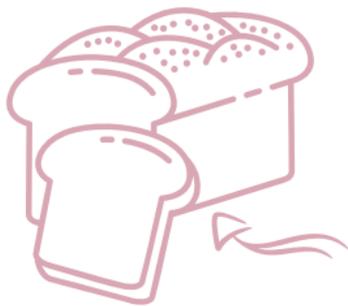
Parfait



Granola



Chicken wings



**BRIOCHE
FRENCH TOAST**

DATE BUNDT CAKE



PARFAIT

PARFAIT





PARFAIT



Ingredients



Preparation

- In a glass start by putting a layer of Greek yoghurt; then a layer of kiwi followed by a layer of granola.
- Continue layering the ingredients until the glass is filled.
- Add raspberries to top.
- Top with a drizzle of date syrup.



BRIOCHE FRENCH TOAST





BRIOCHE FRENCH TOAST



Ingredients



Preparation

- . In a bowl add the egg, milk and date powder.
- . Whisk everything and then soak the brioche slices in it.
- . Drain them.
- . Melt the butter in a frying pan, add the soaked sliced brioche.
- . Toast on both sides until golden.
- . Drizzle with date syrup and garnish with your favorite chopped nuts.



DATE BUNDT CAKE





DATE BUNDT CAKE



Ingredients



warm
water
200 ml

+

100 g



date paste

4
eggs

+



200 g

date
powder

+ 1 tbs
vanilla extract



corn oil
200 ml

+



milk
200 ml



375 g
flour

+



16 g
baking
powder

+



1
plain yoghurt



date
syrup



chopped
hazelnuts

Preparation

- Put the date paste in 200 ml of warm water ; let sit.
- Then whisk the 4 eggs with the date powder (sugar) in a bowl while adding a tbsp of vanilla extract.
- Add 200ml oil, 200ml milk.
- Stir the water-soaked date paste and add it to the mix.
- Then sift the flour, baking powder, powdered milk and add them.
- Pour the mix in a 24cm Bundt cake pan.
- Preheat your oven for 10mn at 180°.

Bake for



45
min



OATMEAL BROWNIES



OATMEAL BROWNIES



Ingredients



+



+



+



+



Preparation

• Preheat your oven at 160° and line your pan with parchment paper.

• Put your egg, coconut oil, vanilla extract, date paste, milk, the cacao powder, cinnamon, baking powder in a blender and mix everything.

• Spread the preparation in your tray.

• Sprinkle with the chocolate chips.

• Bake for  15 min

• Cool before unmolding and cutting into squares.



GRANOLA





GRANOLA



Ingredients



Preparation

- In a bowl put 3 cups oatmeal.
- Add 1 cup coconut oil or sesame oil.
- Then, mix with 3 tbsp of date syrup then 100g chopped nuts.
- Roll out your mix on a parchment lined pan and bake at °180
- Then add the dried fruit.



25
min



CHICKEN WINGS





CHICKEN WINGS



Ingredients



1 kg

chicken wings



sesame seeds



paprika



black pepper

Sauce :



date syrup

2 tbs



30 ml
sesame oil

2 tbs
soja sauce



1 tbs
date vinegar



1/2 green onions

Preparation

- Mix all the ingredients for the marinade.
- Put the chicken wings and marinate for 2 h.
- Preheat your oven to 180°.
- Put the chicken wings on a baking sheet.

Dipping Sauce

- Mix 2 tbsps date syrup, 2 tbsps sesame oil, 2 tbsps soja, and half a green onion.





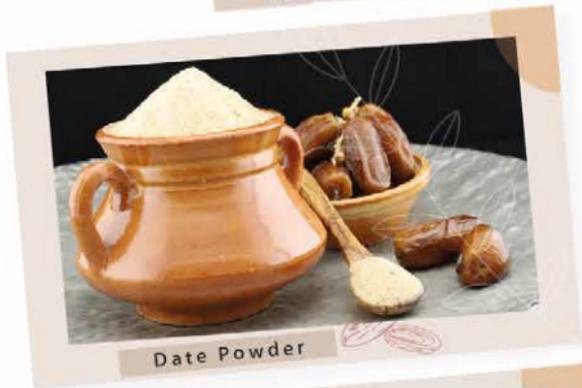
GRANOLA

**CHICKEN
WINGS**



**OATMEAL
BROWNIES**





Dates derivatives,
a Source of Flavors
and Benefits



Dérivés de dattes de Tunisie