

# Date Filling

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 pound dates, chopped  
1 teaspoon lemon juice  
2/3 cup water  
1/2 cup sugar*

Wash the dates and remove the pits. Place in a saucepan. Add the water and sugar.

Cook, stirring well, until thick.

Add the lemon juice. Stir.

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Per Serving (excluding unknown items): 1512 Calories; 1g Fat (0.8% calories from fat); 8g Protein; 401g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 19 Fruit; 6 1/2 Other Carbohydrates.