

- All dates are grown on date palm trees, similar to coconut palm trees.
- Date palm trees need at least 100 days of 100°F heat and plenty of water to produce the best quality fruit.
- The bulk of US dates are grown in California.
- Medjool dates are a fresh fruit, but a lot of dates sold in Western countries are dried.
- Dates are a healthy substitute for white sugar in recipes due to their sweet taste, nutrients, fiber and antioxidants.

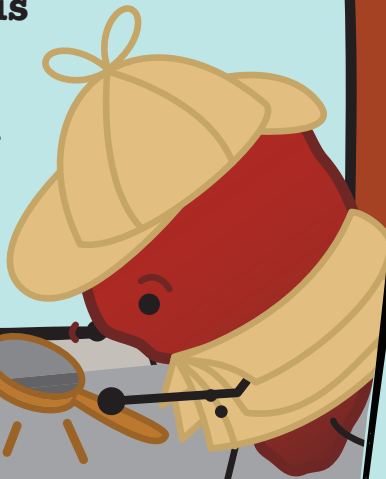
Did You Know?

JOKE

What school subject is the fruitiest?

HISTORY - because it is full of dates!

Mystery
Date



Recipe

Banana Date Muffins

Ingredients

- 2 cups oats
- 3 bananas
- 2 eggs
- 3/4 cup pitted whole Medjool dates
- 1 teaspoon baking soda
- Pinch of salt
- Pinch of cinnamon
- Chocolate chips (optional)

Directions

1. Preheat oven to 350 degrees.
2. Grease a muffin tin.
3. Mix all ingredients in a blender or food processor until smooth.
4. Pour batter into muffin tin. Top with chocolate chips (optional).
5. Bake for 15-20 minutes. Store in the refrigerator.

Recipe source: pinchofyum.com

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups