

BREAKFAST

Date-Orange Breakfast Spread

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	64	\$0.05	10 kcal

The recipe Date-Orange Breakfast Spread can be made in roughly 45 minutes. For 5 cents per serving, you get a breakfast that serves 64. Watching your figure? This gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe has 10 calories, 0g of protein, and 0g of fat per serving.

Ingredients

- | | |
|---|---|
| ☐ ½ pound cup finely chopped pitted dates (about | ☐ ½ teaspoon ground cinnamon |
| ☐ 2 tablespoons fresh orange juice | ☐ 1 tablespoon finely grated orange rind |
| ☐ 0.1 teaspoon salt | |

Method

- 1 Combine all ingredients, stirring until blended. Chill 30 minutes.
- 2 Note: Store, covered, in the refrigerator for up to two weeks.

Nutrition per serving

10	0 g	0 g	3 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			2.3 g · 3% of daily needs
Sodium			4.6 mg · 0% of daily needs
Cholesterol			0 mg · 0% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/date-orange-breakfast-spread-148566