

•• 3 - I N G R E D I E N T C I N N A M O N T O A S T : ••



One of my favorite childhood snacks gets a health makeover. Dates replace sugar and pecans replace butter in this spreadable topping.

Prep Time: 5 minutes

Serves: 3-4 pieces of toast

Ingredients

½ c. pecans

¼ c. date paste

¼ - ½ tsp. cinnamon*

*see Recipe Notes

Instructions

Place all ingredients in a food processor and blend until the oils release in the pecans and the mixture begins to clump together and becomes spreadable. This may take 3-5 minutes. Spread on toast and store any leftovers in the fridge.

Recipe Notes

I used 1/2 tsp. of cinnamon

My favorite bread is the Ezekiel 4:9 Bread by Food for Life, because they use sprouted whole grains, but use gluten-free bread if needed

Bring any leftovers to room temperature before using.