

# Date Syrup



**NORTH CYPRESS**  
Internal Medicine and Wellness  
*Live healthy, live well.*

## Ingredients:

- Pitted Medjool dates
- Water



## Directions:

- Place dates in saucepan and cover with water. Softer dates will break down more easily. Bring water to a boil. Let it boil for 5 mins, and then put it on the lowest heat and simmer for 30-60 mins, depending on if your dates are very soft or hard. Let the mixture cool. Once cooled, add the mixture to a high-speed blender and blend until very smooth. Refrigerate. This is great to use as a natural healthy sweetener or in desserts!



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