

Al Batheeth

Date and Nut balls

Tasty little date treats that girls can help make. Common in the Kuwait and the Arabian Gulf region.

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| 2 cups dates | ½ teaspoon ground cardamom |
| 1 cup almonds, chopped | ½ teaspoon ground ginger |
| ½ cup butter, melted | sesame seeds |
| 1 cup flour | |

Remove the seeds from the dates and chop. Mix with the almonds chopped to a similar size. Melt butter in a pan. Add flour and stir well. Continue stirring and brown the butter-flour mixture slightly. Add the cardamom and ginger and stir well. Add the date and almond mixture and continue stirring until everything is well mixed. Remove from heat and let the mixture sit for 10 minutes or so. Take 1 rounded tablespoon of the mixture at a time and form into balls. Roll the balls in sesame seeds and set aside to cool further on waxed paper.

Note: If you don't think the girls will like almonds, I would think you could substitute other nuts. I've also seen these rolled in coconut rather than sesame seeds or shaped in other ways - flat squares, diamonds, triangles. You could leave out the sesame seeds if the girls don't like them.

Nutrition: 3277 calories

<i>Saturated fat</i>	<i>65 g</i>	<i>Cholesterol</i>	<i>249 mg</i>	<i>Sodium</i>	<i>969 mg</i>
<i>Total Fat</i>	<i>170 g (47% of calories)</i>	<i>Fiber</i>	<i>12 g</i>	<i>Iron</i>	<i>11 mg</i>
<i>Protein</i>	<i>50 g (6% of calories)</i>	<i>Vitamin A</i>	<i>3654 IU</i>	<i>Vitamin C</i>	<i>1 mg</i>
<i>Carbohydrates</i>	<i>388 g (47% of calories)</i>	<i>Alcohol</i>	<i>0 g</i>		

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