

DATE SYRUP

VERSATILE DATE SYRUP ADDS VALUE TO YOUR PRODUCTS



Long a staple of Middle Eastern cuisine, date syrup is appearing in more U.S. foods every year. Given the benefits of this versatile sweetener, the reasons are clear. Not only can date syrup be used in baking, it can replace sugar in a variety of foods, including salad dressings, marinades, glazes, beverages and yogurt.

NUTRITIONAL BENEFITS

Like whole dates and other date products, date syrup has many nutritional benefits. Because date syrup is an invert sugar, it's easily absorbed and assimilated by the body. It's also a good source of fiber, particularly the soluble fiber beta-D-Glucan, which helps people feel satiated.

BENEFITS OF DATE SYRUP

- Adds sweetness without refined sugars
- 78% invert sugar
- High fiber content
- Low-glycemic index food
- 16 vitamins and minerals
- No cholesterol
- Good source of phenolics
- Good source of natural antioxidants
- 50% more potassium, by weight, than bananas



BENEFITS FOR BAKERS

Date syrup won't interfere with chemical leavening systems or greatly alter yeast-leavened dough characteristics. In tests where date syrup substituted for part of the sucrose in bread, researchers found that more than 3% of the sugar could be replaced by date syrup without affecting bread characteristics. When substituted at higher rates, date syrup substantially increased the weight and volume of the loaves and also improved the texture of the finished bread. A substitution rate of 6% yields the optimum benefit in bread making.

DATE SYRUP FOR YEAST PRODUCTION

Date syrup has been shown to be a good substitute for molasses in baker's yeast production. Date syrup contains more sugars, biotin, and pantothenic acid than molasses, and approximately the same amounts of nitrogen, phosphorous and magnesium.

HOW IT'S MADE

Woodspur Farms grows organic and conventional dates in California and Arizona. At our nearby manufacturing plants, we macerate the dates, remove the pits, and heat them in water to create a thick concentrate.

Because our syrup is minimally processed, it's a whole food that's valued for these characteristics:

- Looks and pours like molasses, with a rich, complex flavor
- Is less sweet than honey, agave nectar, or maple syrup
- Offers hints of caramel, brown sugar and often vanilla flavor
- Is a great alternative to processed sugar

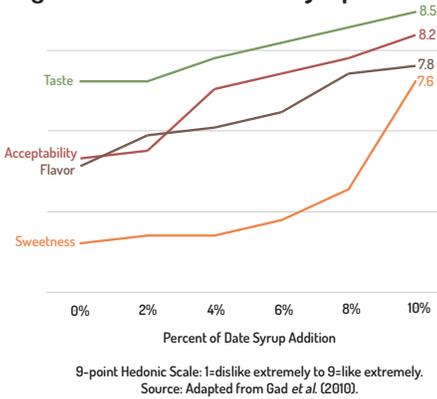


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EXCELLENT ADDITION TO YOGURT

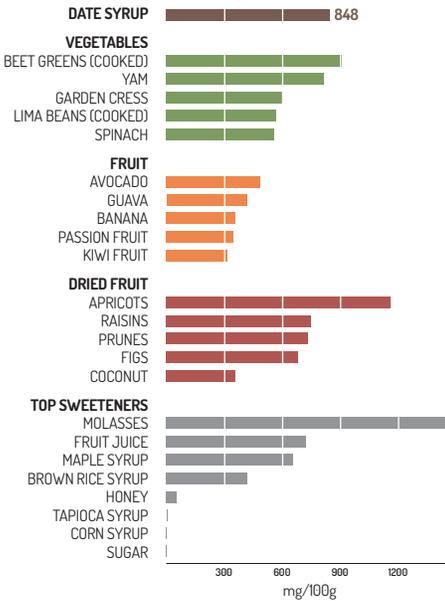
Date syrup provides unique benefits when used with milk in producing yogurt, including sweetening, flavoring and increasing nutritional value while improving yogurt's sensory impact.

Sensory Evaluation Scores of Yogurt Enriched with Date Syrup



POTASSIUM LEVELS

Date syrup has as much or more potassium than most of the top five fruits, dried fruits and vegetables, as well as common sweeteners.



Delicious and Feisty.

Middle Easterners have long consumed date syrup for its curative properties. New evidence shows that date syrup indeed has an antibacterial effect. Researchers at Cardiff Metropolitan University in Wales presented data in 2015 that showed traditionally prepared date syrup inhibited the growth of several bacteria - including *Staphylococcus aureus*, *Escherichia coli*, *Enterococcus spp* and *Pseudomonas aeruginosa*. In side-by-side comparisons, date syrup worked even more effectively than Manuka honey, which is currently used in wound dressings.

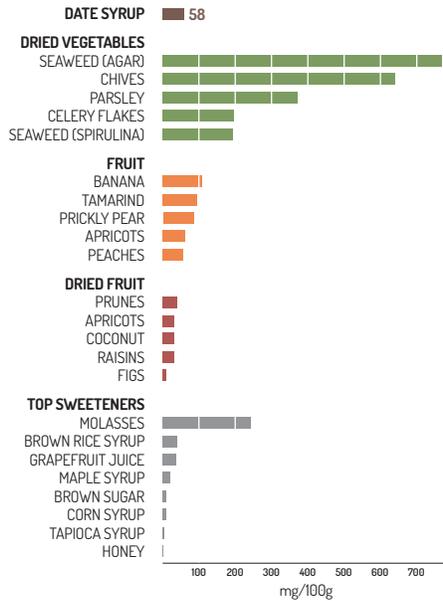


1 CUP OF DATE SYRUP
IS EQUAL TO
1 CUP OF MOLASSES

Date syrup is sold in a 620-lb. barrel.

MAGNESIUM LEVELS

Date syrup has as much or more magnesium than the top five dried fruits and common sweeteners, and is very comparable to the top five fruits.



Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 270

	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 848mg	24%
Sodium 5mg	0%
Total Carbohydrate 67g	22%
Dietary Fiber 3g	12%
Sugars 61g	
Protein 1g	2%

Vitamin C 10% • Calcium 6%

Riboflavin 10% • Niacin 8%

Vitamin B6 4% • Pantothenic Acid 4%

Phosphorus 6% • Magnesium 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



WOODSPUR
FARMS

Questions and Sample Requests

Contact Douglas D. Resh, M.S., CPSP

Director, Ingredient Sales

619.750.6571

doug.resh@woodspurfarms.com



No preservatives, additives, sulfating agents or artificial flavors are used.

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