

Maamoul Date Cookies

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-date-maamoul-recipe>

Ingredients:

- 3 cups semolina Fine, , milled wheat flour/ can be found at middle eastern stores
- 1/2 cup all purpose flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 1/2 teaspoon active dry yeast
- 1 cup ghee clarified butter
- 1/2 cup lukewarm water
- 1/3 cup whole milk
- 3 cups dates pitted, softened, or 8 oz date paste
- 2 tablespoons canola oil
- 1 teaspoon ground cardamom
- 1 teaspoon orange blossom water
- powdered sugar for dusting the tops after baking, optional

Nutrition:

1. Calories: 1400 calories
2. Carbohydrate: 227 grams
3. Cholesterol: 5 milligrams
4. Fat: 49 grams
5. Fiber: 17 grams
6. Protein: 22 grams
7. SaturatedFat: 1 grams
8. Sodium: 310 milligrams
9. Sugar: 109 grams

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