Chef Jessica Harris shares this recipe from page 162 of her new book and discusses Day 1 of Kwanzaa.

Umoja: unity

Many celebrants of Kwanzaa spend the week fasting during daylight hours as a sign of their commitment to the Nguzo Saba. For them, and for the faith of our ancestors, this meal begins with a symbolic fasting dish of dates, figs, and milk. Nibble on the fruit and sip the milk while remembering those whose faith and faith brought you through.

DATES, FIGS & MILK

Recipe from A Kwanzaa Keepsake: Celebrating the Holiday with New Traditions and Feasts.

ingredients
1 pound Medjool dates
1 pound Smyrna figs
1 quart milk

Arrange the dates and figs on a platter. You may wish to add some almonds or other nuts. The platter is circulated around the table with each diner taking a few. The milk is poured into small glasses from a pitcher while the family thinks about the Nguzo Saba of Imani.

Serves 8