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 fast-breaking dish of dates, figs, and milk. Nibble on the fruit and sip the milk while remembering those whose faith and faith brought you through.

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**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

**Procedure**

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 Umoja.

Serves 8