

Stuffed Dates

Appetizer/Dessert



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Serves: However many you choose to make

Ingredients:

- Whole Dates, unpitted
- Nut butter
- Dark Chocolate

Note: These are very sweet, but a balanced snack or dessert if you keep the portion sizes smaller. You get the natural sugar and fiber from the dates, the nut butter provides healthy fats and protein while the dark chocolate satisfies your sweet tooth and provides some antioxidant properties.

Directions:

1. Count the number of dates you will need to prepare.
2. Slice down the middle or just tear open down the middle and remove the pit.
3. Fill with your favorite nut butter.
4. You can either melt the chocolate and dip the top of the date in the chocolate, or you can stuff the chocolate piece into the middle of the date alongside the nut butter.
5. You can pre-make these to keep in your fridge, or just keep them in a bag at your desk for a quick energy bite, a fiber rich filling way to satisfy your sweet tooth.