Snack, Mediterranean

Walnut Stuffed Dates with Honey Drizzle

Plump Medjool dates are split open, filled with walnut halves, and finished with a light drizzle of honey. The whole tray comes together in about five minutes.

5 min	110	21 g	19 g
time	calories	carbs	sugars

Vegetarian | Gluten free | Dairy free

Ingredients, 10 servings

- [ ] 10 dates Medjool dates (pitted)
- [ ] 10 whole walnuts (halved, 20 pieces total)
- [ ] 2 tbsp honey

Method

- [ ] 1 Cut a careful slit lengthwise into each of the pitted Medjool dates and open them into halves.
- [ ] 2 Press a walnut half into each date half, using all 20 pieces from the whole walnuts.
- [ ] 3 Drizzle the honey over the filled dates right before serving.

Nutrition Facts

Per serving

Calories	**110**
Total fat	2.5 g
Saturated fat	0 g
Sodium	0 mg
Total carbs	21 g
Fiber	2 g
Total sugars	19 g
Protein	1 g

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