RECIPE

Almond Butter and Walnut Stuffed Dates

Whole Medjool dates filled with an almond butter, reduced-fat cream cheese and lemon zest cream and topped with a walnut half, a no-cook snack for the fridge or, carried cold, for a short outing.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 12 Medjool dates, pitted (24 g each, 288 g)
- [ ] 4 tbsp unsalted almond butter
- [ ] 2 tbsp reduced-fat cream cheese, softened
- [ ] 1 tsp finely grated lemon zest
- [ ] 12 walnut halves

Method

1. Cut a lengthwise slit in each date and open it like a book. Pull out the pit and set the date on a plate, cut side up.
2. Stir the almond butter, softened cream cheese and lemon zest in a small bowl until smooth and even.
3. Spoon about 1 tsp (a heaped teaspoon) of the filling into each date, about 8 g of filling in each.
4. Press one walnut half into the filling on each date so it sits half in and half out.
5. Chill the plate 20 minutes, until the filling is firm enough to hold, then serve 3 dates a person.

6 Keep them in a covered container in the fridge. Because they hold cheese, eat or pack them within 2 hours at room temperature, or 1 hour above 90 °F; past that, refrigerate again or throw them out.