

Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 1 serving



Directions

1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Ingredients

1/4 cup Pitted Dates

2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	296	Cholesterol	0mg
Fat	17g	Sodium	3mg
Carbs	33g	Vitamin A	4IU
Fiber	6g	Vitamin C	0mg
Sugar	25g	Calcium	123mg
Protein	7g	Iron	1mg