

HONEY ALMOND STUFFED DATES

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 3 stuffed dates)

Nutrition (per serving)

Calories: 148

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 54 mg

Total Carbohydrate: 19 g

Dietary Fiber: 2.5 g

Total Sugars: 11 g

Protein: 3.5 g



Ingredients

- 24 pitted dates
- ¼ block reduced fat cream cheese, softened
- 2 Tablespoons part-skim ricotta cheese
- 1 teaspoon honey
- ¼ teaspoon orange zest
- ½ cup sliced almonds, toasted

Directions

1. Slice dates down one side lengthwise to create opening for stuffing inside. Be careful not to slice all the way through to the other side.
2. In small bowl, mix together cream cheese, ricotta, honey and orange zest.
3. Stuff dates with cheese mixture.
4. Sprinkle sliced almonds on top.



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