

HONEY ALMOND STUFFED DATES

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 Carbohydrate: 19
Total Fat: 6 g	Dietary Fiber: 2.5 g
Saturated Fat: 2 g	Total Sugars: 11 g
Sodium: 54 mg	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
- ⅓ 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.