# NUT OR SEED BUTTER STUFFED DATES

**Servings: 6  Cook Time: 40 Minutes**

**Ingredients:**

- 12 large Medjool dates
- 1/4 cup creamy natural peanut butter, almond butter, or sunflower seed butter
- 1 oz. dark chocolate finely chopped, grated, or melted

Anderson Free Clinic
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1. Line a small baking sheet with parchment paper.
2. Using your fingers, gently split each date in half lengthwise, without pulling them apart completely.
3. Remove the pit and spoon about 1 tsp of the nut or seed butter into the center cavity of each date. Top each date with a pinch of dark chocolate or a drizzle of melted dark chocolate.
4. Gently close the dates back up and place on to the lined baking sheet.
5. Serve right away or place in the refrigerator for 30 minutes to serve chilled.

**Nutrition Information:**

Serving: 2 Dates | Calories: 200 | Carbohydrates: 38g | Protein: 3g | Fat: 5g | Saturated Fat: 1g | Sodium: 200mg | Fiber: 4g | Sugar: 33g