



Recipe - Stuffed Dates

NB: Teachers will need to check that no pupils have any nut or food allergies

Savoury Stuffed Dates

12 Large (medjool) dried dates
50g Goats cheese
20g Walnuts
Chives

1. Cut along the dates and carefully take out the stones (or buy pitted)
2. Finely cut the chives
3. Chop the walnuts into small pieces
4. Mix the goats cheese with the chives and walnuts according to taste
5. Fill the dates with some of the goats cheese mixture

Sweet Stuffed Dates

12 large (medjool) dried dates
50 grams sultanas
25 grams ground almonds and /or pistachio nuts
2 desert spoons on honey

1. Cut along the dates and carefully take out the stones (or buy pitted)
2. Mix the nuts and sultanas together
3. Add the honey and mix together well
4. Put a spoonful of the mixture into each date

Experiment also with marzipan and pineapple fillings

