

Sunflower Seed Butter Stuffed Dates

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Pitted Dates
2 tbsps Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	301	Carbs	35g
Fat	18g	Protein	6g

DIRECTIONS

- 01 Use a knife to make a slit in each date and open the date slightly.
- 02 Spoon an even amount of sunflower seed butter into the center of each date. Enjoy!