

Mediterranean Diet Stuffed Dates with Pistachios

Ingredients (makes ~12)

- 12 **Medjool dates**
- ¼ cup **raw or roasted pistachios**, finely chopped
- Optional extras (pick 1–2, not all):
 - Orange or lemon zest
 - Cinnamon or cardamom
 - A drizzle of **dark chocolate** (70%+ cocoa)
 - A tiny drizzle of **honey**
 - Pinch of flaky sea salt

Instructions

1. Slice each date lengthwise on one side and remove the pit, keeping the date intact like a pocket.
2. Finely chop the pistachios so they pack nicely inside the dates. You want texture, not chunks.
3. Gently open each date and press about 1–2 teaspoons of chopped pistachios into the center.
4. Optional flaky salt on top.
If adding chocolate, melt dark chocolate and drizzle lightly over the stuffed dates.
5. Let chocolate set for ~10 minutes, or chill briefly. Serve at room temp.

Easy Variations

- **Protein boost:** Add a small smear of ricotta or Greek yogurt inside before pistachios
- **Extra crunch:** Roll the stuffed date in crushed pistachios
- **Spiced version:** Pistachios mixed with cinnamon + orange zest