



# Walnut Stuffed Dates with Tahini

*These stuffed dates are a perfect combination of sweet, savoury and crunchy. Pair with a cup of warm brewed tea for a tasty and nutritious Middle Eastern treat.*



**Serving**  
5



**Prep**  
5 Minutes



**Contributer**  
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10 Dates  
10 Walnut halves  
1 tbsp Tahini

1. Set the dates on a cutting board and slice the dates lengthwise, halfway. Remove the pit.
2. Stuff the dates with walnuts.
3. Drizzle tahini on the dates.

## DIETITIAN'S MESSAGE

*You can stuff dates with any nuts that you enjoy, including almonds, cashews and pistachios. You can also sprinkle some shredded coconuts to the dates for extra flavour.*



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

**CCNA**  
Canadian Consortium  
on Neurodegeneration  
in Aging



**CCNV**  
Consortium canadien en  
neurodégénérescence  
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