



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
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on Neurodegeneration
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CCNV
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associée au vieillissement