



GROW YOUR MIND, STRENGTHEN YOUR ROOTS

Stuffed Dates



Dates are a staple during Ramadan and Eid celebration. Ramadan is marked with a month long fast during the daylight. Dates are one unifying food consumed by all Muslims during *iftar*, or fast-breaking meal, that is eaten every night after sunset.

Dates are one of the earliest cultivated crops and an ancient icon of the Middle East. They are omnipresent during Ramadan and Eid out of respect for tradition and because they provide a quick boost of energy for the fasters.

Here is one sweet recipe of Stuffed Dates, you can improvise your own based on your favorite spices and nuts. You can even make savory dates with goat cheese, vegetables, herbs and meat.

Ingredients

- 30 dried dates
- 4 ounces crème fraîche
- 1/2 cup pistachios
- 10 strands of saffron mixed in 1 teaspoon of milk
- ½ teaspoon of cardamom powder
- 1 tablespoon honey

Instructions

1. Split the dates down the middle leaving one side attached.
2. In a small bowl, beat the crème fraîche, saffron and cardamom until creamy. Add in the honey. Stir in 1/4 cup of the chopped pistachios.
3. Place filling in a ziploc bag with the corner cut off or piping bag. Fill the center of each date with the filling. Top with additional pistachios.
4. Store in the refrigerator.