

SPICED STUFFED DATES



Tags: [Pitta](#), [Spring](#), [Summer](#)

Prep Time: 10 Min

Cook Time: na

Serves: 6

Directions:

1. Scoop your nut butter in a small bowl and add your spices (feel free to use more or less to your liking).
2. Mix well until the spices are well incorporated into the nut butter.
3. Using a knife, slice open the date and remove the pit.
4. Use fingers to open the date, creating a pocket for your stuffing.
5. Scoop two generous teaspoons of spiced nut/seed butter inside each date.
6. Add an almond, cashew, or other nut or seed to the top of the nut/seed butter

Optional: sprinkle shredded coconut and/or a pinch of your favorite spice(s)

Ingredients:

6 whole Medjool dates

about 4 TBSP of sun butter or almond butter

6 dry roasted almonds, cashews, or any doshic appropriate nut, one per date.

SIMPLEVEDA

ayurveda & yoga

4 tsp cardamom powder
2 tsp cinnamon powder

Ojas is our “inner sap”, our vitality, consciousness, and immunity. It is the basis for physical and mental endurance, the internalized essence of digested food and thought. Ojas is responsible for protecting the body from physical harm and provides emotional stability. It grounds us and supports our mental, physical and spiritual growth. It protects us against high levels of stress and provides mental stability and peace. There are foods that build ojas such as dates, milk, ghee, whole grains, vegetables, and fruits, and foods that deplete ojas such as caffeine, alcohol, processed foods, and sugars. By choosing ojas increasing foods like dates and almonds, you can create that sparkle in your eyes and radiant, glowing skin.

Makes a great sweet treat, or a mid-day energy snack!

You can make as many as you'd like and keep them refrigerated for up to 5 days.

Enjoy!