

zesty dates[™]

 SERVES 1 ppl

 PREP TIME 1 mins

 COOK TIME 0 mins

SERVES 1 PERSON

PER SERVE

Calories: 99 Cal (or 414 kJ)

- 3 Medjool dates
- 1 tablespoon low-fat ricotta cheese
- a pinch orange zest



A sweet treat that really hits the spot!

Carefully cut a small slit in the top of each date. Fill each date with a little ricotta and sprinkle with a pinch of orange zest! Yum!