

Stuffed Dates & Fruit Tea

By: The Jaroudi Family

Stuffed Dates

Ingredients:

12-16 large Medjool dates, pitted
1/4 cup raw nut or seed butter
1/4 cup homemade jam
1/4 cup dark chocolate chips, melted

Optional Items:

1/8 cup chopped raw nuts
1 Tbsp hemp seeds
1 Tbsp flax meal
1 Tbsp ground chia seed

Directions:

- 1.) Make a lengthwise slit in each date and remove the pit. Be careful not to cut all the way through. This creates a space for the nut filling.
- 2.) Insert 1 tsp of nut/seed butter and 1 tsp of homemade jam into each date where the pit was removed. Press the dates gently to close them around the nuts.
- 3.) In a heatproof bowl set over a pot of simmering water (double boiler method), melt the dark chocolate, stirring occasionally until smooth. Alternatively, you can melt the chocolate in the microwave in short bursts, stirring between each burst to ensure even melting. If desired, add the optional vanilla powder to the chocolate mixture.
- 4.) Dip each stuffed date into the melted chocolate, using a fork or a dipping tool to coat it fully. Allow any excess chocolate to drip off.
- 5.) Place the chocolate-coated dates onto a parchment-lined baking sheet, leaving a bit of space between each one.
- 6.) If desired, sprinkle the chocolate-coated dates with chopped raw nuts or freeze-dried fruit while the chocolate is still wet.
- 7.) Place the baking sheet with the coated dates in the refrigerator for 15-20 minutes or until the chocolate has set.

Fruit Tea

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Ingredients:

Tea of your choice (black, green, herbal, etc.)

1-2 tablespoons of chopped fresh or frozen fruit (such as cherries, berries, or tropical fruit)

Hot water

Directions:

- 1.) Boil water and pour it over your chosen tea in a teapot or a heatproof pitcher. Use about 1 teaspoon of loose tea or one teabag per cup of water.
- 2.) Add the fresh or frozen fruit to the tea while it's steeping. This will allow the fruit to rehydrate and release its natural sweetness into the tea.
- 3.) Allow the tea to steep for about 5 to 10 minutes, depending on how strong you like your tea. The longer it steeps, the more pronounced the fruit flavors will be.
- 4.) Enjoy the tea and the fruit at the bottom.

Notes:

Mix different types of fresh and frozen fruits to create unique flavor profiles.