PRIMAL GUIDE

Raw Cheese Stuffed Dates

PREP 5 MIN • YIELD 6 PIECES

INGREDIENTS

- 6 Medjool dates, pitted
- ¼ cup raw blue cheese or cheddar
- prosciutto (optional)

STEPS

1. Slice open dates without cutting all the way through.
2. Fill with cheese.
3. Optional: wrap in prosciutto.
4. Serve immediately or chill.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/raw-cheese-stuffed-dates

Not medical advice. Talk with your doctor about your diet.

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