



Bacon-Wrapped Dates

Makes 20

20 medjool dates, pitted
125g (5oz.) goats cheese
10 rashers bacon, halved
20 toothpicks, soaked in water

What you need to do

1. Heat the oven to 200°C (400°F). Line a baking sheet with baking paper.
2. Stuff each date with the goat's cheese and wrap with half a strip of bacon. Secure the end of the bacon with a toothpick.
3. Place the stuffed dates on their sides on the baking sheet, and bake in the oven for 15 minutes.
4. Keep an eye on the dates and remove from the oven as soon as the bacon is crispy, taking care not to burn the dates.
5. Serve warm or at room temperature.



GF LC MP						
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	136	6	18	3	0

*Nutrition per serve

