Peanut-butter stuffed dates with a crunchy finish

Date-filling and packing card • Free, no signup or purchase.

Prepare the dates

Split 6 pitted dates lengthwise and check that all pit fragments are removed. Open each date without cutting all the way through.

Fill and finish

Divide 2 tablespoons peanut butter among the dates. Add 1 tablespoon chopped roasted peanuts across the batch or use a topping you tolerate. Do not claim a particular protein content without calculating the actual ingredients.

Pack deliberately

Place in a clean food-safe container with a separator if needed. Label peanuts and other allergens. Follow the peanut-butter label and ingredient-specific storage instructions; do not imply the recipe is safe for every recipient.

Important

Use the serving-layout worksheet alongside your chosen published recipe. Check ingredients and allergens. Refrigerate perishable food promptly; for transport without refrigeration use an insulated bag and at least two cold sources. Follow the current food-safety source below. No shelf-life or health benefit is established.

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Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

LAYOUT / SPACING PRACTICE