

# MEJOOOL DATES



Mejool dates originated in Morocco and were introduced to the United States in 1927. Mejool dates are reportedly the most labor intensive plants to grow and harvest, but they can be eaten right after they are picked!

*Enjoy mejool dates on their own, or try them...*

-With breakfast: cut up and added to oatmeal

-As a snack: cut the date down the middle, remove the pit, and fill with peanut or almond butter! Top with granola for an extra crunch!



## **Nutrition:**

-Full of fiber, with 7 grams per 3.5 ounces!

-Contains vitamins A&K

-Mejool dates also contain copper, magnesium, manganese and many B vitamins!