

# Heart Healthy SNACKING TRIOS

Natural Delights Medjool Dates, savory cheeses, dark chocolate, and crunchy nuts can all play a part in a satisfying, energizing snack to carry you through your busy day.

Dates have the heart-healthy fiber to fill you up and the rich, natural sweetness to crush that sweet craving without giving in to processed sugars. They're a natural, easy pairing to all sorts of delicious, wholesome foods, and they're portable too! Keep them close at hand in your desk drawer, car, or kitchen pantry for the ideal heart-healthy snack!

To create the perfect snack combination, make sure you pair Natural Delights Medjool Dates with a protein, such as cheese or meat, and a heart-healthy fat, such as dark chocolate and nuts.



2 dates + 2 tsp almond butter +  
sprinkle of coconut chips



1 date + 1/2 oz goat cheese +  
1 Tbsp walnuts



1 date + 2 slices of prosciutto +  
1 Tbsp crumbled blue cheese



1 date + 1 clementine orange +  
1 square of dark chocolate



1 date + 1/2 cup plain Greek yogurt +  
1 Tbsp crushed pistachios



1 date + 2 tsp peanut butter +  
1 square dark chocolate

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When you build a healthy  
snack, choose foods you love  
that love you back!