Delicious Date Balls

Iraq is one of the largest producers of dates in the world, enabling date balls to be a healthy every day treat for Iraqis. Make your own yummy Iraqi Treats!

What you will need:
- Dates
- Almonds
- Sesame seeds

What to do:
- Remove the pit from the date.
- Tear the date in half and turn it “inside out.”
- Put an almond in the middle, then roll it into a ball shape.
- Once you’re done rolling all the dates, clean your hands
- Roll the balls on a plate of sesame seeds

Bonus challenge: Think about how to adapt the recipe, is there something different you would enjoy that date rolled in, perhaps flakes or chocolate shavings.