



### INGREDIENTS (2 servings)

Takes about 15 minutes to make

- 10-12 dried prunes pitted
- 10-12 walnuts in the shell
- ¼ cup sour cream
- ¼ cup plain (Greek) yogurt
- Vanilla extract or fresh
- Powdered cardamom

### INSTRUCTIONS

- Mix together yogurt and sour cream in a separate bowl for the 'sauce'
- Add a dash of vanilla and cardamom respectively to taste  
-there should be hints, not overpowering taste
- Carefully crack the walnuts, as whole pieces are the easiest to work with, and place them in a separate bowl  
-you can use already shelled walnuts, and the taste IS different
- Half the prunes and place them on a plate  
-I use my fingers, it is my way, you can use a knife  
-If you have prunes with pits in them, take them out first
- Prepare 2 glass containers, martini glasses are ideal or anything with a wide mouth and a deep base
- Put 1 t of the 'sauce' at the bottom of each container
- Stuff a half of a walnut into each half of a prune, wrapping the prune around the walnut if possible  
-if you have pieces not halves, use them, they are just a little trickier
- Alternatively place stuffed prunes in the containers until you have used them all  
- save 2, to be used, 1 for each container, as decoration
- Smother with the rest of the 'sauce' and place a saved stuffed prune on top of each
- Let sit for at least 30 minutes  
- if longer store in a cool place, though the fridge can make them a bit 'hard'  
- if you are making them the morning or day before serving, do store them in the fridge

### SERVING/NOTES

- Serve chilled or room temperature with coffee or tea or as dessert after a medium to light meal
- Best eaten within 24 hours or making (36 max)

### Nutrition tips

This is a super dessert for winter, when it is cold and snowy outside it is rich and comforting without being too sweet. With no added sugars, it has a natural sweetness, and has appropriate amounts of protein, complex carbs, fiber, and fats. Prunes are high in fiber which aids digestion and evacuation plus they are rich in iron and vitamins A, K, B2, B6, & niacin. Walnuts are rich in antioxidants, a super plant source of Omega-3s and biotin plus they are believed to decrease Inflammation and promote a healthy gut.

Enjoy! приятного аппетита!