

CREAM-STUFFED PRUNES



Time
15min



Servings
10

Calcium Recommended Daily Intake
To be added

Calories

284

Calcium

66mg

Protein

9g

Vitamin D

0.00 IU

Ingredients

- 20 prunes
- 250 ml Samo's sweet dry wine
- 250 g greek yogurt
- 250 g tahini (paste of sesame seeds)
- 150 g almond flakes
- 1 tbsp cornstarch

Instructions

1. Put the wine and the prunes in a mixing bowl (glass preferably) and let them soak for 3 to 4 hours.
2. Mix the tahini with the Greek yogurt. Place this mixture in an icing bag and refrigerate for one hour.
3. Place a piece of wax paper in a baking dish and cover with the almond flakes. Bake until brown (oven at 170 C).
4. Drain the prunes and let them dry, open a small hole on the top of each prune using a small knife and fill one by one with the yogurt-tahini mixture.
5. Warm the wine and thicken with the cornstarch (dilute with a tablespoon of water before adding to the wine). Let it cool down. Then add few tablespoon on top of the filled prunes, sprinkle with the almond flakes and serve.