



Medjool Dates

They Look Funny But Taste Great!

Then he gave a loaf of bread, a cake of dates and a cake of raisins to each Israelite man and woman. **1 Chronicles 13:3**

**Naturally sweet and filling
high in soluble and
insoluble fiber**

**High in Vitamin A which is
good for vision.**

**High in Potassium which is
good for your heart and
vessels**

**High levels of pantothenic
acid, niacin and folic acid to
boost metabolism**

**High in Manganese to
promote hormonal balance**



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