

peanut butter chocolate dates

MAKES 20 covered dates

RECIPE ADAPTED FROM: [Gourmande in Kitchen](#)

PREP TIME: 30 minutes

Around 20 pitted dates

½ cup peanut butter
(or any other nut, seed or coconut butter)

½ cup coconut oil, melted

½ cup unsweetened cocoa powder

¼ cup maple syrup

Pinch of sea salt

These healthier treats are a perfect gift for the chocolate lovers in your life!



SPLIT the dates with a knife.

STUFF a small amount of peanut butter in each date and press to close them back up.

LAY stuffed dates on a parchment paper lined baking sheet and put them in the fridge for about 30 minutes or freezer for about 10 minutes to firm up.

COMBINE melted coconut oil and cocoa powder in a medium sized bowl while dates are firming up.

WHISK well to combine.

ADD maple syrup and a pinch of salt and whisk until smooth.

DIP cold dates in the chocolate mixture and roll to cover completely.

LIFT dates out with a fork, letting the excess chocolate drip off before placing back on the parchment lined baking sheet.

PLACE chocolate covered dates back in the refrigerator to firm up.

SERVE cold or bring to room temperature for about 10 minutes before serving for a softer bite.