



# Chocolate Covered Dates



Source

@healthywitheliana\_



Servings

12 servings



Cook time

20 minutes

## Ingredients:

- Dates
- Organic Peanut Butter (only ingredient should be peanuts)
- 90% dark chocolate (look at the ingredients)

## Steps for Cooking:

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- Prepare the Dates: Slice each date lengthwise and remove the pit.
- Fill with Peanut Butter: Use a small spoon or piping bag to fill each date with organic peanut butter.
- Dip in Chocolate: Melt the dark chocolate in a microwave-safe bowl or double boiler. Dip each stuffed date into the melted chocolate until fully coated.
- Add Toppings: Sprinkle with sea salt or chopped nuts while the chocolate is still wet.
- Set: Place the dates on a parchment-lined tray and refrigerate for 15-20 minutes until the chocolate hardens.



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