

RECIPE

# Healthy Date Snickers Dessert



## Nutrition

Serving: 1date | Calories: 125kcal |  
Carbohydrates: 13g | Protein: 3g | Fat: 8g |  
Fiber: 1g | Sugar: 10g

## Ingredients

- 10 Medjool dates
- ¼ cup creamy peanut butter
- 1/2 cup dark chocolate chips, melted
- ¼ cup chopped peanuts
- Flaky sea salt

## Equipment

1. Paring knife
2. Parchment paper
3. Measuring cups

## Instructions

1. Pit dates if not already pitted, and slice down the middle (but not all the way through) so you can open them up.
2. Add parchment paper to a small baking sheet (be sure it will fit in your freezer). Open each date slightly and space them evenly on the parchment paper. Top with a second piece of parchment and use a glass to smash each date flat.
3. Spread about 1 teaspoon of runny peanut butter to the top of each smashed date. Place in the freezer while you melt your chocolate in the microwave or on a double boiler on the stovetop. Take dates back out of the freezer and add a dollop of melted chocolate on top.
4. Sprinkle with chopped peanuts and flakey salt. Place back in the freezer

