

INGREDIENTS

- 8 Medjool Dates,
- 4 Tbsp Pure Almond Butter*
- 1/2 cup No Sugar Dark Chocolate
- 1/2 Tbsp Coconut Oil
- 2 Tbsp Shredded Coconut

*Swap for Crunchy Almond Butter for more texture

INSTRUCTIONS

- 1.Slice dates open and remove pit
- 2.Using a teaspoon fill dates with almond butter
- 3.Place dates in the fridge while preparing chocolate
- 4.Melt chocolate and coconut oil in the microwave in 20 sec blasts, stirring in between until melted
- 5.Dip dates in chocolate or drizzle chocolate over the top of the dates
- 6.Sprinkle dates with coconut



Almond Butter Stuffed Dates



Serves 4



10 mins

This no added sugar treat will help fix those 3pm slumps and power you through to dinner time. Alternatively serve it as an after dinner treat.

Tip: Store in a airtight container for a week in the fridge

