

Chocolate Coated Stuffed Dates



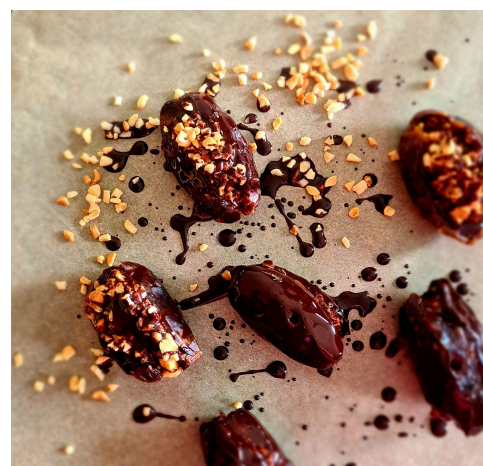
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This decadent version of a stuffed date is very easy to make and feels like a special and indulgent treat. You fill a pitted date with peanut butter, add some chopped nuts, dip it into chocolate and finish with another sprinkle of chopped nuts. It stores well and will satisfy any sweet craving you may have.

10 servings **Prep Time: 10-15 minutes**

Ingredients:

- 10 Medjool dates
- 2 tablespoons of peanut butter (or your preferred nut butter)
- ¼ cup chopped or crushed peanuts
- ½ cup of chocolate chips or broken chocolate pieces (we use dark chocolate)
- 1 teaspoon of coconut oil
- a toothpick is useful when dipping your date in chocolate



Method:

- Cut a slit longways in each date and remove the pit
- Fill each date with around half a teaspoon of peanut butter and a sprinkle of crushed peanuts. Set aside while you prepare the chocolate
- Place the broken pieces of dark chocolate and the coconut oil in a microwave-safe bowl and melt in the microwave in 15-second increments. Stir between each, it generally takes around 1-2 minutes in total.
- Using a toothpick, dip each date into the melted chocolate and use a spoon to coat the date until completely covered. Place on a platter lined with parchment. Sprinkle the remaining crushed peanuts on top of each date.
- Place dates in the fridge to allow the chocolate to set (about 10 minutes)

Storage - Keep any leftover dates in a sealed container in the fridge for up to a week.

Notes:

- Nut Butter – choose your preferred nut butter style. Using smooth will give your finished treat a more fudgy consistency
- The measure of peanut butter is a guide, we sometimes use more
- The addition of chopped nuts adds a welcome crunch for texture
- Coconut oil is added to the chocolate when melting to make it thinner and easier to dip the dates.

Recipe inspired by: Holistic nutritionist Brittany Mullins - Visit her website for lots of other great recipes, ideas and tips. We love that she has a super helpful search function that allows you to view her recipes by protein source: <https://www.eatingbirdfood.com>