



Almond Butter Stuffed Chocolate Covered Dates

Ingredients

Date Caramel

10 medjool dates
½ cup chocolate chips
1 Tablespoon coconut oil
Almond butter

Instructions

1. Pit dates
2. Stuff each date with approximately ½ Tablespoon of almond butter (or nut butter of choice)
3. Melt chocolate and coconut oil in a small bowl via microwave or double boiler until fully melted and combined
4. Roll each stuffed date in chocolate
5. Sprinkle with Maldonado salt if desired.
6. Place in freezer for about 20-25 minutes until chocolate is firm.



Nutrition Information: 2 dates

320 calories, 15 g fat (6g saturated), 50 g carb (6 g fiber, 42 g sugar), 4 g protein



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