

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Chocolate Covered Almond Butter Dates

Serves: 10

Modified from: www.eatingbirdfood.com

Items Needed: cutting board, knife, measuring spoons, measuring cups, microwave safe bowl or double boiler, spoon, toothpicks, baking pan/platter, parchment paper

Ingredients:

- 10 Medjool dates
- 2 Tbsp almond butter
- ½ c. dark chocolate chunks or chips
- 1 tsp coconut oil

Directions:

1. Cut a slit in each date to remove the pit, then fill each with almond butter (about ½ teaspoon). Set aside.
2. Place the dark chocolate and the coconut oil in a microwave safe bowl and melt in the microwave in 15 second increments, stirring between each. It should take longer than 1-2 minutes total. Alternatively, you can melt the chocolate in a glass bowl placed over a pot of boiling water (double burner).
3. Using a toothpick, dip each date into melted chocolate and use a spoon to coat the date until completely covered. Place chocolate covered date on a platter lined with parchment. Place the dates in the fridge to allow the chocolate to set, about 30 minutes.
4. Keep leftover chocolate covered dates in a sealed container in the fridge for up to a week.

Nutrition Information (per 1 date):

Calories: 152 Fat: 6 g Carbs: 24 g Protein: 2 g Fiber: 3 g Sodium: 7 mg