

Medjool Dates Covered in Dark Chocolate + Sea Salt

Everyone deserves a little treat every now and then. Of course treats are better when they are real-food based and actively nourishing for your body. During Nutrifit (our 6 week Optimum Nutrition program) our nutritionist teaches that naturally sweet options can be part of a balanced diet – you just need to know how to incorporate them! (Top tip – if you are having dessert, don't include carbs with your main meal as otherwise you double-up on the starch. Instead, have dessert – occasionally - after quality protein and lots of green vegetables.)

However, if you're not after dessert, but just fancy a little sweet bite then these chocolate-covered medjool dates might be right up your alley!

In this recipe, you remove the pit from the date, but replace it with almond (or cashew butter). This injects a little protein to provide you with more sustained energy. We've chosen almond or cashew butter as the fats are healthier than those in peanut butter. However, if you want to use peanut butter, just make sure you find one that's free from hydrogenated oils (as these block the uptake of good fats in the body, as well as contributing to inflammation.)

Note that if you remove the pit from the date and see any black dust, then discard it. Occasionally dates develop black mold (yikes) which you shouldn't eat. For this reason, we actually like to wash all dates before using them (inside and outside) and never bite into one without cutting it open first. Don't let that put you off though, it doesn't happen often!

INGREDIENTS

- 12 medjool dates
- 6-12 tsps almond or cashew butter
- 150g organic dark chocolate
- Sea salt (optional)

see over for recipe!

*N*utrifit approved recipe



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METHOD

Slice your dates open but not in half completely. Remove the pits. Wash them inside and out, drying thoroughly.

Pop half to one teaspoon of nut butter into the middle of each date and pinch them together to close. Place on a baking sheet (lined with wax paper) and freeze for an hour.

Meanwhile melt the chocolate in a glass or ceramic bowl in the microwave on 10 second bursts, until melted.

Remove the dates from the freezer, dip each one in dark chocolate (messy but fun) and place back on the wax paper.

Sprinkle each one with sea salt (optional).

You can set these in the fridge or freeze them if you are in a hurry! Suggest you eat them from the fridge rather than the freezer though as otherwise they will be too hard.

Enjoy one at a time!



 approved recipe



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