



Christmas - Clean

NUT BUTTER STUFFED DATES

INGREDIENTS

- 8 organic Medjool dates
- 8 tbsp organic nut butter (Peanut, almond, abc etc)
- Pinch of coarse Celtic sea salt
- ½ cup of organic dark chocolate (64g)
- 1 tbsp of dried rose petals

DIRECTIONS

1. Line a plate or tray with non-stick baking paper. Set aside.
2. Slice one half of a Medjool date open lengthways and remove the seed.
3. Replace the seed with 1 tbsp of heaped nut butter and close the date back together. Refrigerate whilst preparing the chocolate.
4. Prepare dark chocolate – if using a block of chocolate, break up into small bits and place in a heat safe bowl. This can be done in a microwave stirring frequently or on a stove top, you can estimate 1 minute of cooking for 30 grams of chocolate. Stir the chocolate every 20-30 seconds for a total of 2 minutes or until fully melted.
5. Dip each of the Medjool dates in chocolate and place on the lined tray.
6. Top each with a small pinch of salt and a sprinkle of rose petal. Return to the fridge for 30 minutes or until set.

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MAKES: 8

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