



Frozen Peanut Butter Dates

Recipe By JASMIN QUEEN

SERVES: 20

INGREDIENTS:

- ☐ 20 medjool dates
- ☐ ½ cup salted peanuts
- ☐ ½ cup peanut butter
- ☐ 6 oz. chocolate chips
- ☐ 6 tbsp. butter, cut into small pieces
- ☐ kosher salt, for garnish

DIRECTIONS:

- ☐ 1. Slice open the dates and remove the pits.
- ☐ 2. Fill the date with approximately 1 tsp. of peanut butter.
- ☐ 3. Top the peanut butter with a few peanuts.
- ☐ 4. Place the chocolate chips into the microwave and cook for 2 minutes, making sure to stop and stir every 15 seconds or so.
- ☐ 5. Add the butter to the bowl of chocolate and stir until combined.
- ☐ 6. Drizzle the chocolate over the dates and top with kosher salt if desired.
- ☐ 7. Place the dates on a baking sheet covered in parchment paper and put into the freezer for at least 30 min.
- ☐ 8. Remove the dates from the freezer and enjoy.

These dates make a great snack before or after your workout.

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