

Peanut Butter Date Balls

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1 cup Pitted Dates
1/4 cup All Natural Peanut Butter
1/8 tsp Sea Salt
2 tbsps Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	163	Carbs	23g
Fat	7g	Protein	3g

DIRECTIONS

- 01 Add the dates to a food processor and blend until mostly smooth. Add the peanut butter and salt to the date purée and blend until combined. Add the chocolate chips and pulse until incorporated.
- 02 Form the dough into 1-inch balls. Place on a parchment-lined plate or tray. Repeat until all the dough is used up.
- 03 Freeze the balls for at least an hour until firm then transfer to an airtight container and keep in the fridge or freezer. Enjoy!