

# Dark Chocolate Turtles

12 SERVINGS 30 MINUTES



## INGREDIENTS

1 cup Pitted Dates (soaked for 10 minutes then drained)

1/4 cup Pecans (whole or halves)

3 1/2 ozs Dark Chocolate

## NUTRITION

### AMOUNT PER SERVING

Calories	99	Carbs	13g
Fat	5g	Protein	1g

## DIRECTIONS

- 01 Finely chop the dates or blend in a food processor until sticky.
- 02 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 03 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 04 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 05 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.