

Chocolate date peanut butter bites

These date bites are so easy to make and so good! They make the perfect portion controlled sweet treat (approx. 105 cals per bite) and are really satisfying due to the rich date and dark chocolate combo.

Makes 8

Prep: 5 min

8 fresh Medjool dates

2 tbs peanut butter

30g 70% dark chocolate, melted

1 Pitt dates and cut a slit down the middle of each. Fill each date with 1 teaspoon peanut butter.

2 Place dates on a plate lined with baking paper and drizzle with the melted chocolate. Option to add a small sprinkle of sea salt (if you love sweet and salty).

Tip: Keep dates in an airtight container in the fridge for up to 2 weeks