

## DV Chocolate Peanut Butter Date Cups

### Ingredients:

4-6 Medjool Dates, pitted  
1 1/2 tsp Creamy Natural Peanut Butter  
2-3 Tbsp Plant Milk  
1 1/2 oz Unsweetened Dark Chocolate Baking Bar  
Squares

### Spices:

Splash Vanilla Extract  
Pinch of Cinnamon (optional)

### You'll Need:

Measuring Spoon  
Plate  
Parchment Paper  
Small Pot  
Heat Safe Bowl (needs to sit comfortably on top of the pot)  
Fork  
Water



Cook Time: Approximately 3 minutes

Makes: About 6 dates

### Instructions:

1. Line your plate or landing area with parchment paper. If you are using cinnamon, you can mix it into the nut butter or wait and put it in with the chocolate.
2. Open your dates and insert about 1/4 tsp of nut butter. Be sure the date can be closed back up without spilling much. Some seepage is expected.
3. Put a small amount of water into the pot and turn the heat on low. You want the water at a gentle simmer. Put the bowl on top of the pot. It should sit comfortably into the pot but should not be close to the water.
4. Add the chocolate, vanilla, cinnamon (if using), and milk to the bowl. Stir gently and constantly until you achieve a smooth and well combined mixture. \*\*A note here; chocolate can be temperamental. You will want to vary your milk input depending on how the chocolate loosens up. Be careful not to overheat the chocolate or it will break.
5. Drop one date at a time into the chocolate. Using the fork, roll it around to coat well. Then pick it up by balancing on the tines and tap the fork against the top of the bowl to gently knock off any excess.
6. Place on the parchment paper and repeat for each date.
7. Once all your dates are covered, place them into the refrigerator for at least 1 hour to allow the chocolate to harden a bit.

### Serving Suggestion:

Every now and then we add a little maple syrup to the chocolate after the dates are done and dip fruit into it to use it up. It's a great way to have a little variety! They are addictive and never last very long!

Get creative! Change up the spices or add some other fruits!