



Peanut Butter & Chocolate Date Bark

10 servings
1 hour 20 minutes

Ingredients

2 1/2 cups Pitted Dates
1/2 cup All Natural Peanut Butter
1/3 cup Raw Peanuts (chopped)
3/4 cup Dark Chocolate Chips
1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Calories	316
Fat	15g
Carbs	41g
Fiber	4g
Sugar	33g
Protein	6g
Cholesterol	0mg
Sodium	63mg
Potassium	347mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	25mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper and set aside.
- 2 Place a pitted date cut side down on the parchment paper. Flatten it with your hands. Repeat with the remaining dates, creating an even layer in the shape of a square. Ensure there are no gaps.
- 3 Spread the peanut butter over the dates. Sprinkle the chopped peanuts evenly on top.
- 4 Melt the chocolate using a double boiler or heat it in the microwave in 30-second intervals.
- 5 Carefully spread the melted chocolate over the bark. Sprinkle flaky salt evenly on top. Refrigerate for about one hour until the chocolate hardens.
- 6 Cut the bark into equal-sized pieces. Enjoy!

Notes

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