



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

Directions

- 1 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.
- 2 Form the dough into 1-inch balls. Place on a parchment-lined plate or tray. Repeat until all the dough is used up.
- 3 Freeze the balls for at least an hour until firm then transfer to an airtight container and keep in the fridge or freezer. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to two months.

Serving Size: One serving is equal to two Peanut Butter Date Balls.

Nut-Free: Use a seed butter like sunflower seed butter or pumpkin seed butter.

More Flavor: Add vanilla, cinnamon or more chocolate chips.

Dates: Medjool dates were used to create this recipe.