

# 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

## NUTRITION

### AMOUNT PER SERVING

Calories	163	Cholesterol	0mg
Fat	7g	Sodium	51mg
Carbs	23g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	19g	Calcium	15mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 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.
- 02 Form the dough into 1-inch balls. Place on a parchment-lined plate or tray. Repeat until all the dough is used up.
- 03 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.