



CHOCOLATE PEANUT BUTTER DATE BARK

Serves 10

INGREDIENTS

- 20 pitted dates (145 g)
- 2 Tbsp powdered peanut butter such as PB fit (13 g)
- 30 g vanilla or peanut butter protein powder
- 1-2 Tbsp water
- 1/4 c lightly salted peanuts, coarsely chopped (28 g)
- 1/4 c no sugar added chocolate chips such as Lily's (56 g)
- 1 tsp coconut oil
- 1/8 tsp coarse or flake salt

DIRECTIONS

- 1** Line a small baking sheet or tray with parchment paper. Split dates open and press down each one down onto the sheet, making sure they overlap a little so they stick together.
- 2** In a small bowl, mix together the powdered peanut butter and protein powder and slowly add the water until a thick but spreadable consistency is formed.
- 3** Spread peanut butter mixture on top of the dates and use the back of a spoon so spread it evenly.
- 4** Sprinkle chopped peanuts evenly over the peanut butter mixture.
- 5** In a small microwave safe bowl, melt the chocolate chips and coconut oil together, stirring every 20 seconds until melted. Be careful not to overheat or it will begin to clump.
- 6** Spread melted chocolate over the peanuts and use the back of a spoon to spread it evenly.
- 7** Sprinkle salt on top and place in the freezer to set for at least 10 minutes.
- 8** Using a sharp knife, cut into 20 equal squares.
- 9** Store in an airtight container, frozen for up to 7 days.

FACTS

Prep time: 15 min

Chill time: 10 min

Total time: 25 min

MFP: "FFC Chocolate Peanut Butter Date Bark"

1 serving: 2 squares (1.2 oz/35 g)

97 Calories

4P | 4F | 16C