

Dark Chocolate Pecan Stuffed Dates

Ingredients:

1 small 6 ounce bag dark chocolate chips
 24 pitted dates
 24 pecan halves, dry roasted or raw
 2 tablespoons chia seeds
Optional: Add almond butter or crushed pistachios

Servings: 12

Instructions:

1. Prepare a baking sheet with parchment paper.
2. Stuff each date with 1 pecan half and set on the baking sheet.
3. Melt the chocolate chips in a microwave-safe bowl 30 seconds at a time until fully melted.
4. Dip each date in the melted chocolate to coat and set back onto the cookie sheet to dry.
5. Before the chocolate dries completely, sprinkle the chia seeds onto the chocolate-dipped dates.
6. Refrigerate for 30 minutes and serve cold or at room temperature.
7. Store in an airtight container in the fridge for up to 4 weeks or at room temperature for up to 2 weeks.



Nutrition Facts

12 servings per container	
Serving size	2 pieces (40g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 5g Added Sugars	10%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 221mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.