

Walnut Brownie Date Bites



Servings:

10 each

Prep Time:

25 min.

Ingredients

- 10 **Medjool Dates**, pitted
- 1 cup **Walnuts**
- 1 tsp **Vanilla Extract**
- 1/4 tsp **Cinnamon**
- 1 tbsp **Coconut Oil**, melted
- 1 tbsp **Maple Syrup, Pure**
- 1 tbsp **Cocoa Powder**
- 2/3 cup **Semisweet Chocolate**
- Top With: **Chopped Walnuts & Flakey Salt**

Method of Preparation

Step 1

Carefully split each date down the middle without cutting it in half.
(Remove the pit if not pitted)

Step 2

Line a baking sheet with parchment paper.

Place the dates on the baking sheet about 2 inches apart.
Spray the bottom of a glass with cooking spray and lightly flatten each date out.

Step 3

In a food processor add the walnuts and pulse until finely chopped.
Add the vanilla, cinnamon, coconut oil, maple syrup, cocoa powder, and pulse to combine.

Step 4

Evenly spoon the chocolate walnut paste over each date.

Step 5

Melt semisweet chocolate in the microwave in 30-second intervals.

Evenly spoon the melted chocolate over each date to cover the walnut paste.

Step 6

Top each date with chopped walnuts and flakey salt.

Chill until the chocolate is solid, about 20 minutes. Enjoy!

Keep stored in the fridge

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