

A top-down view of several tahini-stuffed dates coated in dark chocolate and sprinkled with white coconut flakes. The dates are scattered on a light-colored surface, with some chocolate and coconut flakes scattered around them. The lighting is soft, highlighting the texture of the chocolate and the coconut flakes.

**TAHINI STUFFED DATES
IN DARK CHOCOLATE**

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Makes: 9
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
126 kcal
6g Fats
13g Carbs
3g Protein



WHAT YOU NEED

- 1/3 cup (50g) chopped dark chocolate
- 9 pitted Medjool dates, pitted
- 3 tbsp. tahini
- 1 tbsp. desiccated coconut (optional)

WHAT YOU NEED TO DO

Melt the chocolate in the microwave or in a water bath.

Fill the dates with tahini and cover with the dark chocolate. Place on a chopping board covered with a sheet of baking paper and sprinkle with desiccated coconut (optional).

Finally, place the dates on the chopping board in the fridge for 10 minutes to allow the chocolate to set, then remove and enjoy.