

Plate Dream

Date Snickers Recipe – Healthy Sweet Treat

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base and Filling

- [ ] 1 ½ cups Medjool dates, pitted
- [ ] ½ cup mixed nuts (almonds, peanuts, cashews), toasted
- [ ] 1 tsp vanilla extract
- [ ] ¼ tsp sea salt

Chocolate Coating

- [ ] 200 g dark chocolate (70% cacao)
- [ ] 2 tbsp coconut oil

Instructions

1. Place the pitted dates in a food processor, add vanilla and sea salt, and blend until a sticky paste forms.
2. Transfer the date paste to a bowl, fold in the toasted nuts, mixing just enough to distribute them evenly.
3. Line a small tray with parchment paper, spoon the mixture into 12 equal portions, and press each into a compact bar.
4. Melt the dark chocolate with coconut oil in a microwave-safe bowl, stirring every 20 seconds until smooth.
5. Dip each date-nut bar into the melted chocolate, allowing excess to drip back into the bowl.
6. Place the coated bars back on parchment, sprinkle a tiny pinch of sea salt on each, and let set at room temperature or in the refrigerator for 15 minutes.

Nutrition per serving

210 kcal	4 g	22 g	13 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the chocolate begins to seize, add a teaspoon more coconut oil and stir.
- For extra chew, soak the dates in warm water for 10 minutes before blending.
- Feel free to drizzle a thin line of melted white chocolate for visual contrast.