



Chocolate Covered Coconut Stuffed Dates (Raw, Vegan, Gluten-Free, Paleo)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



20

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cocoa powder raw sifted for a non-raw version (or natural cocoa powder)
- ☐ 0.5 vanilla pod split
- ☐ 0.5 cup coconut oil melted
- ☐ 2 tablespoons coconut oil melted
- ☐ 0.3 cup maple syrup raw for a non-vegan version
- ☐ 20 large medjool dates soft
- ☐ 1 pinch pink salt

☐ 0.5 cup coconut shredded unsweetened for topping (plus extra)

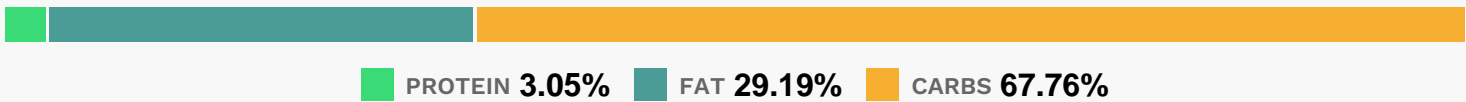
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ In the bowl of a food processor (or alternative mix together by hand for a more textured version), combine the shredded coconut, coconut oil maple syrup pinch of salt and scraped vanilla bean (or cinnamon if using). Process until a smooth paste is formed, set aside.
- ☐ Cut the dates in half lengthwise on one side and remove the pit.
- ☐ Stuff a small amount of coconut mixture in each date and press to close.
- ☐ Place stuffed dates in the freezer to firm for 15–20 minutes.
- ☐ Combine the melted coconut oil with the cacao powder in a medium sized bowl and whisk to combine.
- ☐ Add in maple syrup and a pinch of salt and whisk again to incorporate until smooth.Dip the cold dates in the chocolate.
- ☐ Roll each to cover completely and then lift out with a fork letting the excess chocolate drip off before placing on a parchment lined baking sheet.
- ☐ Sprinkle extra shredded coconut on top of each chocolate covered date as you go.
- ☐ Place the finished dates in the refrigerator to firm.
- ☐ Serve cold or bring to room temperature for 10 minutes before serving for a softer bite.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:3.3652173986901%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 118.63kcal (5.93%), Fat: 4.32g (6.64%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 19.77g (7.19%), Sugar: 18.57g (20.64%), Cholesterol: 0mg (0%), Sodium: 3.85mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.95mg (1.65%), Protein: 1.02g (2.03%), Manganese: 0.31mg (15.5%), Fiber: 2.78g (11.13%), Copper: 0.19mg (9.34%), Magnesium: 26.63mg (6.66%), Potassium: 221.4mg (6.33%), Vitamin B2: 0.07mg (4.3%), Phosphorus: 35.45mg (3.55%), Vitamin B6: 0.07mg (3.46%), Iron: 0.6mg (3.32%), Calcium: 23.13mg (2.31%), Vitamin B3: 0.45mg (2.25%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.22mg (2.17%), Vitamin B1: 0.02mg (1.18%), Folate: 4.5µg (1.12%), Selenium: 0.74µg (1.05%)