

Foodnity Recipes

Date Snickers – 4-Ingredient Healthy Treat

15 min Prep time	**10 min** Cook time	**25 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups Medjool dates, pitted
- [ ] 1 cup raw almonds or peanuts, toasted
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1/4 tsp sea salt

Optional Finishes

- [ ] 2 tbsp melted dark chocolate for drizzling
- [ ] 1 tbsp toasted coconut flakes for sprinkling

Instructions

1. If the dates feel dry, soak them in warm water for 10 minutes, then drain well.
2. Toast the nuts in a dry skillet over medium heat, stirring until golden and fragrant; set aside to cool.
3. In a food processor, pulse the dates until they form a sticky paste.
4. Add cocoa powder and sea salt to the dates, pulsing until fully incorporated and the mixture darkens.
5. Fold in the toasted nuts, reserving a handful for topping if desired.
6. Press the mixture firmly into a lined 8×8-inch pan, smoothing the top with a spatula.
7. If using, drizzle melted dark chocolate over the surface and sprinkle coconut flakes or extra nuts.
8. Refrigerate for at least 30 minutes, then cut into bars or squares and serve.

Nutrition per serving

150 kcal	3 g	22 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the bars chill fully for cleaner cuts.
- If you prefer a softer bite, reduce chilling time.
- Feel free to experiment with spices like a pinch of cinnamon for warmth.