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# Superhuman Dates

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Instructions:

- 1/2 cup oats\*
  - 1/4 cup unsweetened coconut flakes
  - 1 tbsp hemp seeds
  - 1 tbsp chia seeds
  - 1 tbsp flaxseed meal
  - 1 tsp maca powder (optional)
  - 1/2 tsp cinnamon or cardamom powder (optional)
  - 3 tbsp coconut oil, melted
  - 1 1/2 tbsp nut butter\*\*
  - 2 tbsp cocoa nibs
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- 15-20 medjool or large sukari dates, pit removed

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Instructions:

1. Roughly grind the oats in a food processor, but don't turn it into a flour. Add the coconut, seeds, flax meal, maca, cinnamon or cardamom powder if using, Pulse a few times to mix.
2. Pour in the coconut oil with the nut butter. Pulse a few times.
3. Add the cocoa nibs and pulse just to mix with the rest of the ingredients.
4. Use about a teaspoon of the mix to fill each dates.
5. Store in the fridge in an air tight container so it will stay fresh for longer.

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Notes:

\*For a grain-free version, increase the coconut flakes to 1/2 cup and add 1/4 finely chopped raw nuts

\*\*For a nut-free version use tahini or pumpkin seed butter