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

- 15-20 medjool or large sukari dates, pit removed

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.

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