



Peanut Butter Dates

This is an easy, no bake snack or dessert! I always make these around the holidays to snack on before the big meal! Make it healthier by making them with coconut sugar.

Equipment



- Large Plate
- Butter Knife
- Two Small Bowls
- Air Tight Storage Container

Ingredients



- 12 oz. pitted dates (I prefer deglet)
- 3/4 cup peanut butter
- 1/2 cup walnut pieces
- 1/2 cup sugar (or coconut sugar)

Instructions



1. Set out a large plate to set the dates on while making them.
2. Get out a butter knife and your jar of peanut butter, or put the peanut butter in a separate bowl.
3. Set out the two small bowls. Fill one with your walnut pieces and one with your choice of sugar.
4. Get out an air tight container to store your dates once they are done.
5. Open your package of dates and start to split open the dates. Carefully cut one side of the date with the butter knife, then roll it open. Continue to do this until you have laid out enough dates to cover the large plate.
6. Start to spread peanut butter inside each of the dates. You want enough to hold the walnuts, but not so much that it will come out when you try to close the date.
7. Add walnuts pieces to one side of each date. You want to fill the date with them, but not so much that you won't be able to close it.
8. Close all of the dates and then roll with sugar. Place in the airtight container.
9. Repeat until you have made all of the dates in the package.
10. Store the dates according to your peanut butter directions. If you have natural peanut butter, then store them in the refrigerator and they should last up to 3 months. If you are using peanut butter than can be stored at room temperature, they will last about 1 month at room temperature and up to 6 months in the refrigerator.