



# Cooking in the Kitchen at Olums

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*Delicious Recipes  
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## **Peanut Caramel & Dark Chocolate Bites**

Yields 24 bites (about 1 oz. each)

### Ingredients:

- 1/3 cup coconut palm sugar
- 1 tablespoon cornstarch
- 2/3 cup milk
- 1 teaspoon pure vanilla extract
- 1 container of Medjool dates, pitted (12 oz)
- 1 cup dry roasted peanuts, unsalted
- 1 dark chocolate bar (3 oz), melted

### Directions:

1. Prepare caramel sauce: In a small sauce pan combine palm sugar, corn starch, milk, and vanilla extract. Stir well to combine. Bring the mixture to a light boil over medium heat, stirring throughout. Continue to cook for 1 - 3 minutes, until the mixture has thickened. Remove from heat.
2. In a food processor or high-powered blender combine the Medjool dates, peanuts, and caramel sauce. Pulse to combine the mixture, until the peanuts are chopped and the mixture is sticky. Refrigerate the mixture for 30 - 60 minutes to help it firm up.
3. Roll the mixture into 1" bites and then dip in the melted chocolate. Place on a baking sheet that has been prepared with parchment paper. Then refrigerate for 20-30 mins. to let the chocolate harden and transfer to an air-tight container and freeze or refrigerate.

Nutrition facts per bite (34 g): 110 calories, 4.5 grams fat, 1 gram saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 18 g carbohydrates, 2 grams fiber, 15 grams sugar, 2 grams protein