

Ingrediënten en Recept



Clean Treat

This Chocolate-Stuffed Almond Dates Melt In Your Mouth 💎❤️

Ingredients:

- ▶ 6 Medjool dates, pitted (90 g)
- ▶ 6 whole almonds (9 g)
- ▶ 60 g dark chocolate, melted

Preparation:

1. Slice each date in half lengthwise and remove the pit.
2. Place one almond inside each date half.
3. Close the date halves together to form a heart shape.
4. Dip each stuffed date into melted dark chocolate until coated.
5. Place on parchment paper and let the chocolate set in the fridge for 10–15 minutes.

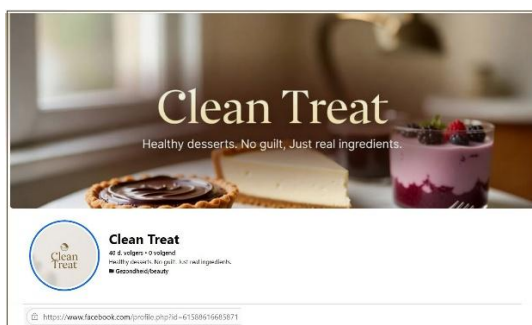
Nutrition (1 serving ≈ 2 stuffed dates):

- ✓ Calories: ~150 kcal
- ✓ Protein: 3 g
- ✓ Carbs: 18 g
- ✓ Fat: 8 g

#chocolatedates #healthysnacks #healthyating
#healthyfood #recipe



Bron



Internet - Facebook - Clean Treat

<https://www.facebook.com/reel/1582733463009508>

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Opgelet: deze zijn verslavend lekker !!
Dadel schuin afsnijden
Vullen met amandel
In gesmolten chocolade draaien
Afwerken met pistachenoten
Ev. Ook nog met witte chocolade

Fotos

