



Chocolate Stuffed Date Bites

From "Food Fuels Bodies"
Season 4, Episode 1



Ingredients

- 16 Medjool dates
- Peanut butter (or other nut/seed butter of choice)
- Dark chocolate bar of choice
- Optional (for topping):
 - Hemp seeds
 - Coconut flakes

Steps

1. Remove the pits of the dates.
2. Stuff each date with $\frac{1}{2}$ Tbsp of peanut butter.
3. Place half a square of dark chocolate into the center of the date.
4. Sprinkle with hemp seeds or coconut flakes, if desired.
5. Enjoy! Can be refrigerated for up to a week.

Questions to Ask Your Child

Specific questions relating to the episode theme and objectives that you can ask during the segment.

- What is your favorite food?
- What food have you never tried before?
- What are some foods that you eat every day? What color are they? What do they taste like? Smell like?
- Why do you think eating a rainbow of foods is important?

