Ashley's Meal Prep Monday!

Snickers

INGREDIENTS

pitted dates
peanut butter
sea salt
granola
pumpkin seeds
chocolate chips
coconut oil

Cut dates in half and place on a piece of parchment paper. Take a spoon, and mash down the dates a little from the middle to the outside so it makes like a boat. Add a little bit of peanut butter to each date. Sprinkle with sea salt. Sprinkle with granola and/or pumpkin seeds, you could even use peanuts. Really, you could sprinkle whatever you want.

Add some chocolate chips to a microwave safe bowl and a little dollop of coconut oil. Heat until you can stir it and pour on the top of the dates. Place in the freezer and then enjoy once the chocolate hardens.

"These are good directly out of the freezer!"

Cartwright's Market