



- 2 bags of **pitted** dates
- 3 to 4 cups of dry oatmeal
- ½ cup cocoa
- 1 small container of peanut butter
- ¾ cup of unsweetened coconut milk
- 1 cup of your favorite chopped nut (optional)
- ½ cup coconut (optional)
- 1 bag of sugar-free vegan chocolate chips

Place dates in a food processor and chop fine. Add cocoa and oatmeal, process until blended well, then add peanut butter and process a little longer until all peanut butter is blended well, then slowly add milk. Dump the mixture into a bowl and add nuts, coconut, and chocolate chips. Put about 2 tablespoons of the mixture into your hands, squeeze tightly and create balls, and place on a cookie sheet lined with wax paper and refrigerate overnight. You can also press flatly into a square cake pan and make date brownies. Can be stored in a Ziplock bag in the refrigerator.