

Simple Chocolate-Strawberry Dessert

Serves 1

Ingredients	Instructions
2 Medjool dates 2 Tbsp. shredded, unsweetened coconut (toasted if desired)	Process Dates and Coconut Process dates and coconut in the chopper attachment of an immersion blender until dates are chopped into small pieces.
½ cup strawberries, about 3-4 berries 1/2 tsp. cocoa powder 1/16 tsp. cinnamon 1 mint leaf torn into several pieces (optional)	Finish Dessert To the date mixture, add strawberries, cocoa powder, cinnamon and mint, if using. Process again to achieve desired texture.

Get Creative Experiment with other fruits like blueberries, raspberries, peaches and sweet cherries.

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