



Reprinted with permission from [Healthier Together: Recipes for Two—Nourish Your Body, Nourish Your Relationships](#).  
Copyright © 2019 by Liz Moody. Photographs copyright © 2019 by Lauren Volo.  
Published by Clarkson Potter, an imprint of Penguin Random House, LLC.

## Fun-Size Chocolate Nougat Candy Bars

Makes 15 mini candy bars

This recipe was inspired by my dad, who would always keep a bag of fun-size Snickers stashed in the freezer, should a candy emergency strike. I love candy, but I hate how time-consuming and finicky it is to make at home (not to mention the questionable ingredients), so I eliminated all of that. Instead, you'll whip up a healthy, almond-flour nougat, fold in some nuts, and shove that all inside a ripped open-date. Yes, a date—Mother Nature's caramel (she has a sweet tooth, too!). Packed with fiber and minerals, these treats take on a gooey quality that'll 100 percent satisfy any candy crisis.

3 tablespoons melted cacao butter or coconut oil  
2 tablespoons nondairy milk  
1 tablespoon maple syrup  
1 teaspoon vanilla extract  
½ cup almond flour  
⅛ teaspoon fine-grain sea salt  
¼ cup chopped roasted peanuts or almonds  
15 Medjool dates  
1¼ cups dark chocolate chips or chopped dark chocolate  
Maldon salt, for sprinkling

1. Line a baking sheet with parchment paper.
2. In a medium bowl, mix together 2 tablespoons of cacao butter, the milk, maple syrup, vanilla, almond flour, and salt until well combined. Stir in the nuts.
3. Tear each date open lengthwise and remove the pit. Stuff each date with a spoonful of filling, then close them up as best you can (it's okay if they don't seal completely) before placing them on the prepared baking sheet. Place the dates in the freezer for at least 10 minutes.
4. Melt together the chocolate and the remaining 1 tablespoon of cacao butter in a double boiler or the microwave until homogenous, 1 to 3 minutes, stirring at 20-second intervals. Dip each date in the chocolate, using a spoon to turn to coat completely. Return the coated dates to the baking sheet and sprinkle them with the Maldon salt.
5. Chill in the fridge until the chocolate is set, about 1 hour (or 40 minutes in the freezer). These will keep in a sealed container in the fridge for a week, or in the freezer for up to 6 months.

**TIP:** Cacao butter is the raw, cold-pressed oil from the cacao bean. It's used in chocolate bars, and is filled with heart-healthy polyphenols. You can find it online or in most health food stores.

© Copyright 2019 Now That's A Mouthful. All Rights Reserved.

*\*Product prices and availability are accurate as of the date of publication and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*



with permission from [Healthy Together: Recipes for  
Nurturing Relationships](#). Copyright © 2019 by Liz Moody. All rights reserved.  
Reprinted by permission of Clarkson Potter, an imprint of [Ten Speed Press](#).