



Food for Healthy Bones Organic, Unprocessed, Calcium-Rich Foods - The First Step Solution....

*Because everything you eat,
from your first sip in the morning
to your last evening snack,
impacts your B-O-N-E-S.*

CHOCOLATE ALMOND DATE TREATS **Makes 8 treats - 8 servings**

INGREDIENTS:

- 8 pitted Medjool dates
- one 2.8 oz 70% dark chocolate bar
- 3 Tbsp almond butter
- 1 Tbsp of coconut oil
- 2 Tbsp of hemp seeds

PREPARATION:

1. melt chocolate bar with coconut oil in a double boiler
2. if you don't have a double boiler, use a medium pot with water in the bottom
3. bring water to a boil
4. take a smaller pot that leans into the boiling water
5. add the chocolate and coconut oil and melt together
6. when melted, remove smaller pot from stove
7. on a plate spread out hemp seeds
8. cut date lengthwise to open and fill with almond butter
9. close the date
10. dip filled date into pot of melted chocolate
11. roll chocolate date into hemp seeds
12. store in the fridge up to a week or freezer up to month

Nutrition Facts Per Serving Calcium: 48mg, Magnesium: 78mg, Potassium: 340mg, K2: N/A mcg,
Protein: 4grams

Recommended Daily Allowance (RDA): Calcium: 1200mg, Magnesium: 320mg, Potassium: 4700mg
K2: 90-180mcg, Protein: 50-80 grams