



RELISH HEALTH

## **Salted Date-Caramel Turtles**

*Nuts, dates and dark chocolate come together deliciously to make this simple, minimally processed version of an American classic candy.*

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Servings: approximately 15-18

Time: 15 minutes

### **Ingredients:**

45-55 pecan halves, lightly toasted

10 Medjool dates, pitted

½ teaspoon vanilla (optional)

½ cup dark chocolate, chopped (preferably 70% cacao or greater)

Maldon sea salt flakes or other large grain salt

### **Directions:**

1. Preheat oven to 325 degrees. Toast the pecans for 6-8 minutes or until the nuts are lightly brown and starting to become fragrant.
2. In a food processor, blend the dates and vanilla extract until very smooth. Depending on the moisture content of the dates, add ½-1 teaspoon of water periodically to reach the desired consistency. The mixture should be smooth but firm. This may take five or more minutes. Periodically stop the processor to scrape down the side of the bowl.
3. Arrange the pecans in groups of three. Place a teaspoon size amount of date mixture to the center of the pecan group. Use clean damp hands to press the date mixture onto the nuts.
4. Melt the dark chocolate in a small bowl in the microwave or over a double boiler. Top each date nut cluster with about 1 teaspoon of melted chocolate.
5. Top each turtle with a small pinch of salt.
6. Cool and serve.

*Nutrients per serving: Calories 85; Fat 6g; Carbohydrates 14g; Fiber 1g; Sugar 11g; Protein 1g*

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