



# RECIPES

## MEDJOOOL DATES - RAW SNICKERS

@MOTHERMOON\_HYPNOBIRTHING

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### BASE LAYER

- 1 cup medjool dates (soaked in hot water for approx. 10 minutes and drained well)
- 8 tbsp organic smooth peanut butter
- 1 tsp vanilla paste
- 2 cups oat flour (blend some rolled oats until fine like flour) or almond meal

Line a baking tray with oven paper.

Process the dates, peanut butter and vanilla until smooth and creamy and the dates are completely broken down

Add the oat flour or almond meal a little at a time until it comes together in a ball.

Press into tray.

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### CARAMEL LAYER

- 3 cups medjool dates (soaked in hot water for approx. 10 to 20 minutes and drained well)
- 9 tbsp smooth peanut butter
- 3 tsp vanilla
- 1/8 tsp salt

Add the dates, peanut butter, vanilla and salt to the processor.

Process until completely smooth, it will resemble caramel, thick and dense.

Spread over the base layer.

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### PEANUT LAYER

- 1/2-1 cup roasted peanuts salted or unsalted depending on taste, chopped or whole

Sprinkle the peanuts over the caramel.

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### CHOCOLATE LAYER

- 1/2 cup maple syrup
- 1/2 cup coconut oil
- 1/2 cup cacao or carob powder

In a mixing bowl add all ingredients and mix well with a whisk.

Pour over the peanut layer.

Refrigerate until set (approximately 1 hour).

Remove from the fridge and cut into squares or slices.



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## MEDJOOOL DATES - IDEAS

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### PEANUT BUTTER STUFFED DATES

1 Remove pit from whole medjool dates  
Stuff peanut butter into the centre of the date

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### SMOOTHIE

Blend:

A banana  
4 medjool dates (pit removed)  
1 - 2 tablespoons of nut butter  
A big handful of spinach  
1/4 cup oats  
1 cup almond mylk (or milk of choice)

(I often add probiotics, colloidal minerals, vit D drops and zinc drops to this mix as a way to get my supplements into the day)

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### ENERGY MIX

Combine raw mixed nuts (brazil nuts, almonds, pecans, macadamias, walnuts), chopped medjool dates, organic dark chocolate buttons, and dried gogi berries.

Energy mix also goes well with:  
fresh popcorn + a dash of cinnamon  
or with crunchy oats as a granola

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### SALAD

250g quinoa and brown rice microwave packet  
250g pearl cous cous  
400g tin lentils  
handful fresh mint, chopped  
1 red onion, finely diced  
1 pomegranate, gems  
5 medjool dates, chopped  
Crumbled feta cheese  
Dressing: 2 tbsp olive oil, juice of 2 lemons