

# *Herbal Legacy Recipes*

## CANDY BAR FROM HEAVEN

Submitted by Jeanette Southon

### INGREDIENTS:

- 1 brown hairy coconut from your produce section
- 1 package of deglet or medjool dates

### DIRECTIONS:

1. Crack the coconut open. Cut out the meat carefully.
2. Cut open a date. Take out the seed.
3. Then wrap that date flesh around the coconut meat.
4. Eat!

