

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Homemade Yolos

For the caramel

7 ounces (1 cup) pitted soft Medjool dates

1 1/2 teaspoons peanut butter or other nut or seed butter

Pinch of fine-grain sea salt

For the chocolate coating

1/4 cup plus 3 tablespoons dark chocolate chips

1/2 teaspoon coconut oil

Flaked sea salt or chia seeds (optional)



1. Make the caramel: Process the pitted dates in a food processor until a sticky paste forms. Add the peanut butter and salt and process until combined. The mixture will be very sticky, but this is what we want.
2. Scoop the sticky mixture into a bowl and freeze, uncovered, for about 10 minutes. (Chilling makes the caramel easier to shape into balls.) Line a plate with parchment paper, lightly wet your fingers and shape the chilled caramel into small balls, making about 20 balls total. Set the balls on the parchment paper-lined plate as you roll them. Place the finished balls in the freezer for 10 minutes to firm up.
3. Make the chocolate Coating: In a small saucepan, melt the chocolate chips and oil over very low heat. When two-thirds of the chips have melted, remove the pan from the heat and stir until smooth.
4. Remove the caramel balls from the freezer and dunk each ball into the melted chocolate, one at a time. Roll them around with a fork to coat. Tap off any excess chocolate coating and set the

balls back on the lined plate. If desired, stick a toothpick in the top of each ball and sprinkle the balls with a tiny amount of flaked sea salt or chia seeds.

5. Freeze the balls for at least 20 minutes, or until the chocolate is set. Yolos taste best straight from the freezer and will soften at room temperature.

Recipe from The Oh She Glows Cookbook by Angela Liddon.