

Chocolate Peanut Butter Cockroaches

This little sweet treat looks gross – and has the added bonus of squishing like a real bug – but tastes sensational and is actually leaning towards to better-for-you sweet-treat spectrum. You can swap the peanut butter out for any nut butter or spread your prefer and these keep exceptionally well in the fridge for whenever you need a snack.

Ingredients:

- Pitted medjool dates
- Crunchy dark roast peanut butter
- 225g dark chocolate, chopped into small pieces

Method:

1. Line a baking tray with parchment paper and split all your dates in half lengthwise.
2. Melt your chocolate in 20 second bursts in the microwave – stirring as you go – until melted and smooth, then place into a piping bag with a very fine nozzle (or a zip lock bag with the corner cut off).
3. Uses teaspoon to fill the cavity of each date with peanut butter and then use your piping bag to cover over the peanut butter with melted chocolate, sealing it in, and place the date chocolate-side-down on the lined tray. Repeat until your tray is full of peanut butter stuffed dates.
4. Pipe the rest of the melted chocolate over the dates to create cockroach legs, heads and antennae. Chill in the fridge until ready to eat. Theft will just peel off the baking paper.
5. Bite your chocolate peanut butter cockroaches in half, or squash them, to reveal the peanut butter guts!! Gross but delicious!
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