



There's a Chef in My Kitchen, LLC

Coconut 'n Date Bites

Makes about 4 dozen 1/2-inch bites

This is a fabulously rich combination of almonds, dates, and other dried fruit. While I love the tropical flavor of the coconut and pineapple, don't limit yourself to this combination. Try other dried fruits such as papaya, mango, apricots, or even figs, for variety. The almonds deliver plenty of protein and in combination with the dried fruit are powerful little bites of fuel for your body.



Imani Canape Plate

courtesy of www.ProperSetting.com

Ingredients:

- 1 cup almonds (preferably raw or blanched)
- 1/4 cup Marcona almond (or some other meaty nut) (optional, just use regular almonds)
- 1/2 teaspoon vanilla paste (or substitute the seeds from 1/2 a vanilla bean pod, split and scraped)
- Pinch of coarse sea salt
- 1 6 ounce bag dried pineapple (about 1 generous cup)
- 1 cup dates, pitted
- 1 1/2 tablespoon dried cherries
- 1/2 cup shredded unsweetened coconut, lightly toasted

Preparation:

Place the almonds, vanilla paste, and a generous pinch of sea salt into the bowl of a food processor fitted with a metal blade. Process until very finely ground.

Coarsely chop the pineapple, dates and dried cherries. Add to the food processor and process until the mixture comes together. Roll the mixture into balls about 1/2- to 1-inch in diameter. Roll the balls in the coconut until coated then place on a wax-paper lined rimmed baking sheet. Refrigerate until ready to serve.

Chef's Note:

These little bites can be made 2 to 3 days in advance. Store them in the refrigerator in an air tight container, separating layers with a sheet of waxed paper, or nonstick parchment paper.

As a delicious garnish to a salad or roasted poultry simply press the mixture flat on a wax paper-lined baking sheet, sprinkle with the toasted coconut and gently press on the coconut to adhere. Refrigerate until well chilled. Slice 2" x 2" squares, or other shapes, and serve atop salads or alongside roasted poultry as a garnish.

courtesy of: www.TheresAChefinMyKitchen.com