



CHOCOLATE DATE SAUCE

A rich, smooth chocolate date sauce I use for hot chocolate, frozen drinks, dirty sodas, toppings, and more.

PREP TIME	BLEND TIME	TOTAL TIME	YIELD
5 min	6 min	11 min	About 3 cups

INGREDIENTS

- 16 pitted Deglet Nour dates
- 1 cup Dutch-process cocoa powder
- 1 1/2 cups milk, plus more as needed
- 1/3 cup Whole Earth Allulose & Monk Fruit sweetener, or to taste
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- Handful of dark chocolate chips, optional

INSTRUCTIONS

1. Add the Ingredients:

Add the milk, dates, cocoa powder, sweetener, vanilla, salt, and optional dark chocolate chips to the Vitamix.

2. Blend Until Smooth:

Run the Vitamix soup program until the dates are completely blended and the mixture is hot, smooth, and creamy.

3. Check the Consistency:

The chocolate date sauce should be thick and concentrated, but still pourable.

4. Adjust the Consistency:

If it is too thick, add a small amount of additional milk and blend again.

5. Taste and Adjust:

Taste and add more allulose and monk fruit sweetener if desired. Blend briefly to combine.

6. Transfer to a Jar:

Carefully pour the finished chocolate date sauce into a clean jar or covered container.

7. Refrigerate:

Allow to cool, then cover and refrigerate. Stir or shake before using if needed.

WENDY'S TIPS & NOTES

- I use lactose-free skim milk, but you can use the milk that works best for your family.
- Keep the base thick and concentrated. For hot chocolate, start with 1/4 to 1/3 cup base per cup of milk.
- I leave the base unflavored so I can add orange, coconut, cherry, almond, or other flavors one drink at a time.
- The dark chocolate chips are optional. I love this recipe both with and without them.
- Keep refrigerated in a covered jar or container. This recipe makes about twelve 1/4-cup servings.