

## Wild Blueberry and Peanut Butter Turtle Dates



If you grew up in the '60s and '70s, like I did, you may recall Goober—a jar of peanut butter swirled with Smucker's grape jam. I'm reinventing it here by swirling mashed wild blueberries into good-quality natural peanut butter. The result: A fun riff on the PB&J that just happens to be brimming with fiber, protein, and anthocyanins.

**Tip:** Find wild blueberries in the frozen food section of the grocery store. If the package says "wild," they are the ones cultivated in Maine and Canada to be anthocyanin-rich.

Makes 10

### Ingredients:

½ cup frozen wild blueberries  
1 teaspoon chia seeds  
2 ounces dark chocolate, 70% or greater cacao, chopped or ⅓ cup dark chocolate chips  
1 teaspoon extra-virgin olive oil plus more for pressing the dates  
10 large, soft unpitted Medjool dates  
1 tablespoon peanut butter, almond butter, or other nut or seed butter (see Tip)  
Hemp seeds, for sprinkling  
Flaky sea salt, for sprinkling (optional)

### Instructions:

Microwave the wild blueberries on low for 30 seconds or leave at room temperature until partially defrosted. Gently mash with a spoon, keeping most of the berries whole. Stir in the chia seeds and set aside until the "jam" thickens about 10 minutes.

Microwave the chocolate in 15 second intervals until mostly melted. (Alternatively, place the chocolate in a heat-proof bowl over a pot of boiling water, making sure the water doesn't touch the bottom of the bowl. Stir until melted.) Stir in the olive oil until smooth. Set aside.

Line a rimmed baking sheet with parchment or wax paper. Brush with oil. Slice open the top of each date lengthwise, open like a book, and remove the pit. Place them open-side-up on the baking sheet.

Coat your fingers with olive oil and press each date into a flat round. Spray or brush the bottom of a cup with oil and use the flat bottom and gently press each date flat. Shape the dates into rounds with your fingers.

## BRAIN HEALTH KITCHEN by Annie Fenn, M.D.

Spread 1 teaspoon chocolate mixture evenly atop each date. Freeze until firm, about 10 minutes.

Spoon ½ to 1 teaspoon peanut butter atop each date and spread to the edges in an even layer. (If your dates are very large, you'll use a whole teaspoon.) Place ½ teaspoon wild blueberry "jam" in the center and use the tip of a knife to swirl gently. Sprinkle each with a pinch of hemp seeds and salt, if using.

Freeze until firm, about 10 minutes. Enjoy right away, cold from the freezer, or partially frozen (my favorite!). Store in a single layer in an airtight container in the freezer for up to 3 months.

**Note:** Look for nut and seed butters with no added sugars or oils. Food companies add unhealthy oils, such as soybean and palm oil, to nut butters to give them a spreadable consistency. Avoid these no-stir brands. The best nut butters will require a bit of stirring because the nuts' natural oils (full of brain-friendly fats) will naturally separate in the jar. My [current favorite peanut butter](#) has a short ingredient list, just lightly roasted peanuts and less than 1% salt.