



PEANUT BUTTER CHOCOLATE BALLS

SERVES: 24 (1 ball each) Prep Time: 20 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): 1 1

1 cup all-natural smooth peanut butter
1 Tbsp. cornstarch (preferably GMO-free)
¾ cup coconut flour
2 Tbsp. pure maple syrup
Hot water
8 oz. semisweet chocolate, 62% cocoa or higher, chopped
2 tsp. extra-virgin organic coconut oil, unrefined

SPECIAL EQUIPMENT:

Parchment paper

1. Line a large baking sheet with parchment paper. Set aside.
2. Combine peanut butter, cornstarch, coconut flour, and maple syrup in a medium bowl; blend well with a spatula until mixture forms a uniform dough.
3. Using clean hands, shape dough into twenty-four 1-inch balls; place a toothpick in the center of each ball. Place on prepared baking sheet. Refrigerate for 20 minutes.
4. Fill small saucepan with 2 inches of water; bring to a boil over high heat. Reduce heat to low.
5. Place a heat-proof mixing bowl over saucepan. Add chocolate and oil. Stir for 2 to 3 minutes, or until just melted. Make sure water does not splash into the bowl.
6. Remove balls from refrigerator. Hold a ball by the toothpick and dip into chocolate, swirling to completely coat. Return to baking sheet. Repeat with each ball. (For any uncoated areas, coat carefully with a spoon dipped into chocolate.)
7. Refrigerate for at least 1 hour, or until chocolate has hardened.
8. Store in airtight container in the refrigerator.

TIPS:

- You can also melt the chocolate in the microwave. Place morsels and oil in microwave-safe container. Microwave on 50% power for 30 seconds; stir. Microwave for an additional 30 to 45 seconds or until just melted. Do not overcook.
- To prevent the balls from sticking to your hands when you roll them, lightly coat your hands with nonstick cooking spray.

NUTRITIONAL INFORMATION (per serving): Calories: 134 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 57 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 8 g Protein: 4 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.