

## Peanut Better Balls

Vegan, gluten-free, no bake/raw

By Angela Liddon

These peanut butter balls forgo the powdered sugar and butter, and instead use a few lighter ingredients using only a fraction of the sweetener compared to traditional recipes. You'll wonder how you ever lived without this recipe around the holidays! It's quick to throw together and makes about 16-20 balls that will fill a platter for a holiday party. For mess-free finger food, place the balls in mini cupcake liners.

Yield 16-20 balls	Freeze time 25	Prep Time 15 Minutes	Cook time 0 Minutes
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### Ingredients:

- 1 cup 100% natural peanut butter (smooth or crunchy)
- 3.5-4 tablespoons pure maple syrup, to taste (see note)
- 1-3 tablespoons coconut flour, only if needed
- fine grain sea salt, to taste (I used 1/4 teaspoon)
- 6 tablespoons gluten-free rice crisp cereal
- 3/4 cup dark chocolate chips (I use Enjoy Life)
- 1/2 tablespoon coconut oil

### Directions:

1. Stir the jar of peanut butter well before using. In a large bowl, mix together the peanut butter and maple syrup vigorously, for 30-60 seconds, until it thickens up. It will go from runny to thick during this time.
2. Stir in the coconut flour until combined (if your PB is dry, you might be able to skip this step or only use half). We're looking for a texture that isn't too sticky, but not too dry either. Let it sit for a couple minutes to firm up as the coconut flour will continue to absorb moisture with time. Add a touch more coconut flour if necessary. Or if it's too dry, add a touch more syrup.
3. Add salt to taste and stir in the cereal.
4. Shape into small balls (I made about 17).
5. In a small pot, add the chocolate chips and coconut oil and heat over low heat, stirring frequently. Once half the chips have melted, remove from heat and stir until completely smooth.
6. With a fork, dip the balls into the melted chocolate. Tap off excess chocolate on the side of the pot and place the ball on a plate or cutting board lined with parchment. Repeat for the rest. Save any leftover melted chocolate for later.
7. Place balls in the freezer for around 6-8 minutes until mostly firm.
8. Dip a fork into the leftover melted chocolate and drizzle it on top of the balls to create a "sophisticated" design like the baking diva you are.
9. Freeze the balls for another 10-15 minutes, until the chocolate is completely set. If you can wait that long, you win life.

### Tips:

1) I'm not sure if other liquid sweeteners will work in this recipe (and firm up the peanut butter the same way as maple syrup does), therefore I can't recommend any. A reader did tell me that agave nectar worked for her though! 2) I recommend only using 100% natural peanut butter for this recipe. You just want to see roasted peanuts on the label (and maybe salt, if it's salted). The *no-stir* kinds made with oil and sugar might not work the same way. The PB I used was very drippy. If your PB seems dry, you probably won't need to use all of the coconut flour.