



## Peanut Better Balls

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons coconut flour (I used 2)
- 0.5 tablespoon coconut oil
- 6 tablespoons rice chex gluten-free crisp
- 0.8 cup chocolate chips dark (I use Enjoy Life)
- 0.3 teaspoon sea salt to taste fine
- 3.5 tablespoons maple syrup pure to taste (see note)
- 1 cup natural butter extract 100% (smooth or crunchy)

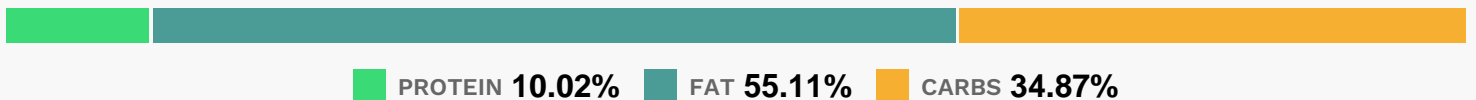
## Equipment

- bowl
- pot
- cutting board

## Directions

- 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. 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.
- Add salt to taste and stir in the cereal. Shape into small balls (I made about 17). 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. 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.
- Place balls in the freezer for around 6–8 minutes until mostly firm. 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. Freeze the balls for another 10–15 minutes, until the chocolate is completely set. If you can wait that long, you win life.

## Nutrition Facts



## Properties

Glycemic Index: 3.66, Glycemic Load: 1.08, Inflammation Score: -4, Nutrition Score: 7.5534782565158%

## Nutrients (% of daily need)

Calories: 181.94kcal (9.1%), Fat: 11.6g (17.85%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 14.96g (5.44%), Sugar: 7.7g (8.55%), Cholesterol: 0.08mg (0.03%), Sodium: 95.2mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Manganese: 0.55mg (27.37%), Vitamin B3:

3.23mg (16.15%), Folate: 56.89µg (14.22%), Iron: 2.26mg (12.58%), Vitamin B2: 0.19mg (11.19%), Vitamin E: 1.62mg (10.8%), Zinc: 1.5mg (10.03%), Vitamin B6: 0.18mg (9.23%), Magnesium: 32.71mg (8.18%), Vitamin B1: 0.11mg (7.51%), Phosphorus: 72.86mg (7.29%), Fiber: 1.55g (6.18%), Calcium: 58.78mg (5.88%), Vitamin B12: 0.33µg (5.56%), Copper: 0.1mg (4.9%), Potassium: 163.66mg (4.68%), Vitamin B5: 0.32mg (3.16%), Selenium: 2.19µg (3.12%), Vitamin A: 103.54IU (2.07%), Vitamin C: 1.27mg (1.54%), Vitamin D: 0.21µg (1.37%)