



Peanut Butter Crunch Balls

20 servings

1 hour 15 minutes

Ingredients

- 3/4 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup
- 1/4 tsp Sea Salt
- 3/4 cup Oat Flour
- 1 cup Rice Puffs Cereal
- 1 3/4 ozs Dark Organic Chocolate
- 1 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	106
Fat	7g
Carbs	10g
Fiber	1g
Sugar	4g
Protein	3g
Cholesterol	0mg
Sodium	33mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	11mg
Iron	1mg

Directions

- 1 In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 2 Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 3 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 4 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
- 5 Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 6 Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

Notes

Serving Size, By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.

No Maple Syrup, Use raw honey instead.

No Peanut Butter, Use almond butter instead.