

PEANUT BUTTER BALLS

INGREDIENTS

- 1/2 C Peanut Butter (creamy) (unsweetened)
- 1/4 C Applesauce (unsweetened)
- 3 T Coconut sugar
- 2 T Coconut oil (virgin) (melted)
- 1 T Maple Syrup (lite)
- Pinch Sea Salt
- 1/2 C Quinoa flakes
- 1/4 C Almond flour (blanched)
- 2 T Coconut flour
- 2 T Sunflower seeds
- 2 T Carob Chips **OR** Chocolate Chips (Pareve)
- 2 T Raisins
- Chopped nuts **OR** Coconut (for rolling) (optional)



DIRECTIONS

- 1 In a large bowl, combine peanut butter, applesauce, coconut sugar, coconut oil, maple syrup & salt
- 2 Add quinoa flakes, almond flour & coconut flour mixing well to combine
- 3 Stir in the sunflower seeds, chocolate chips & raisins
- 4 Form the dough into small (1 to 1 1/2 inch diameter) balls
- 5 Roll the balls in nuts, if using, and freeze in an even layer on a plate until firm, about 1 hour
- 6 Transfer the balls to an airtight container and keep frozen until ready to serve
- 7 Thaw for 2-3 minutes at room temperature before serving

NOTE

- 1 Omit the sea salt if you are using salted peanut butter.
- 2 If you don't like or are allergic to peanuts, use either almond, cashew or sunflower seed butter.

