

HEALTHY PEANUT BUTTER BALLS (Naturally Sweetened, GF, DF, Vegan)

Sarah Roberts

Makes 48 Balls

Why I Make These: Naturally sweetened with dates, these won't spike blood sugar the way refined sugars do, and the protein and fiber in the naturally gluten-free flours helps us to feel satisfied with just one (or two)! Enjoy!

INGREDIENTS

- 3 cups almond flour, sifted
- 1 cup coconut flour, sifted
- 8 Medjool dates, pitted and soaked in warm water, then drained
- 1 teaspoon Himalayan salt
- ½ cup natural peanut butter
- ½ teaspoon pure vanilla extract (optional)
- ½ cup water

INSTRUCTIONS

1. In a medium sized bowl, add the pitted dates and cover in warm water. Set aside.
2. Using a sieve, sift the almond flour in batches, as necessary, into a large bowl. Repeat this with the coconut flour.
3. Add the salt to your flours and mix everything well.
4. Drain the dates and dump them into your bowl.
5. Add in the peanut butter, vanilla (if using) and water and use a spatula to gently mix everything.
6. Then, start using your hands and get messy!
7. Press and knead the dough until everything is well combined. Don't worry if there are visible date skins. That's fine! If you find larger chunks of dates, press between your fingers and incorporate into your dough. Keep kneading until you are satisfied everything is well combined.
NOTE: If you prefer, you can use a food processor to create a date paste, which will provide a smoother result, but whenever I can omit a kitchen appliance, I do! To do this, simply dump your dates into your food processor fitted with an "s" blade and pulse. Add in the ½ cup of water and keep pulsing until it becomes a paste. Then, add to your flours and continue the recipe.
8. Using your hands, pinch about a tablespoon of dough and roll between your palms to make a ball.
9. Place balls on a parchment-lined cookie sheet and place in the freezer overnight. The balls will never be frozen solid, just a nice, soft and chewy texture. I prefer them right out of the freezer, but you can also enjoy them at room temperature. Enjoy!

Chocolate Peanut Butter Balls

Sarah Roberts

To make chocolate peanut butter balls, freeze your balls overnight. ☺ I like making my own chocolate sauce (as opposed to melting chocolate chips) so that I can control the sugar and so that it's a thinner sauce/coating.

INGREDIENTS

- Frozen peanut butter balls
- ½ cup raw cacao powder (or cocoa powder)
- ¼ cup unsalted butter (preferably grass fed) or coconut oil (to keep the recipe vegan)
- 3 tablespoons pure maple syrup
- ¼ cup water, plus more, if necessary
- ½ teaspoon Himalayan salt

INSTRUCTIONS

1. Use a double boiler or create one with a medium-sized heat-proof bowl (metal or glass) and a large pot filled with one inch of water.
2. Bring the water to a simmer and place the bowl on top, making sure the bowl doesn't touch the water and making sure the water isn't splashing into the bowl.
3. Add in the butter or coconut oil and maple syrup and allow it to begin to melt.
4. Add in the cacao powder and salt and whisk to combine.
5. Add in the water about a tablespoon at a time, whisking to incorporate it until you have a fairly thin and glossy sauce (it thickens once cooled).
6. Remove from heat but leave the sauce on top of the pot to stay warm.
7. Remove the balls from the freezer, and roll them to one side of the parchment-lined baking sheet to allow yourself room to work.
8. Working quickly, drop a ball into the chocolate. Using a fork, make sure it's fully coated in chocolate. Use the fork to remove the ball, and shake it gently to remove excess chocolate before dropping it onto the baking sheet. If you like, you can poke it with a toothpick to place it gently onto your baking sheet (this will reduce the risk of splattering chocolate sauce onto your pan, but I tend to avoid this step). Continue until all of the sauce is used up (you may not have enough to coat all of the balls, depending on how thick you coat them, or you may end up with some leftover sauce, which can be used for other things like smeared on a fresh or frozen banana or on strawberries...).
9. Place the balls back in the freezer until the coating is hardened and you are ready to enjoy. I like to serve them straight from the freezer, but they can also be eaten at room temperature.

Truffles: To make your balls even "fancier", once the balls are coated in chocolate, you can then coat them in chopped peanuts or shredded, unsweetened coconut. Have the nuts/coconut on a plate to easily coat the balls and note you need to work verrry quickly as the chocolate starts to harden within seconds! After following the method for coating in chocolate, you can use a toothpick or your fingers to pick up the ball and then, using your other hand, sprinkle the ball all over with nuts/coconut.

“Toffifee”: To create a healthy Toffifee candy (minus the caramel part, so they mostly just LOOK like a Toffifee and they do taste delicious, but they aren’t a chewy, caramel candy like a Toffifee), you can remove the original peanut butter balls from the freezer after about an hour, and place each one in a tablespoon measurer. Press your thumb in to make a divot. Then, place a roasted hazelnut into the divot and cover with melted chocolate. YUM!

To roast hazelnuts and remove their skins, heat oven to 350 degrees F. Once heated, place hazelnuts on a baking sheet and roast for 10-15 minutes (keep an eye on them at 10 minutes. Once you start to smell them roasting, they are done. You don’t want them to burn). Remove and place them in a tea towel to “steam” for one minute. Then, gently rub them all around inside the towel, removing the skins. You may need to pick away some skin, or I don’t even mind some left on.

I really hope you enjoy making (and eating) these recipes and I’d love to see your pics if you do, so be sure to tag me on social media! 😊