

Low Carb Peanut Butter & Chocolate Truffles

An easy keto peanut butter truffle recipe that requires no cooking or chilling time! Egg free and low carb!

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Yield: 18 truffles

Category: Dessert

Cuisine: American

INGREDIENTS

FOR THE TRUFFLES:

- 1 cup natural (sugar free) chunky peanut butter, room temperature
- 1/3 cup zero carb vanilla protein powder
- 1 tsp vanilla extract
- 2 Tbsp unsalted butter, softened
- 3 Tbsp heavy whipping cream
- 1/3 cup granulated sugar substitute (powdered if you can get it)

FOR THE COATING:

- 2 Tbsp unsweetened cocoa powder
- OR
- 2 squares 85% (or more) cocoa dark chocolate

INSTRUCTIONS

1. Whip together all of the ingredients until fully combined with a mixer, food processor, or magic bullet.
2. Roll into 18 one inch truffles.
3. Chill for 5 minutes (optional) before rolling in cocoa powder, or drizzling with melted dark chocolate.
4. Store in an airtight container in the refrigerator for up to 10 days, or in the freezer for up to 1 month.

NOTES

Approx nutrition info per serving:

1 "naked" truffle: 121 calories, 9g fat, 2g net carbs, 5g protein

1 cocoa dusted truffle: 124 calories, 9g fat, 2g net carbs, 5g protein

1 choco drizzled truffle: 128 calories, 9g fat, 2.25g net carbs, 5g protein



Nutrition

Serving Size: 1 truffle
Carbohydrates: 2g net

Calories: 121
Protein: 5g

Fat: 9g

Find it online: <https://www.ibreatheimhungry.com/low-carb-peanut-butter-chocolate-truffles/>

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