

No Bake Chocolate Peanut Butter bliss balls

8 servings. Ready in 30 min.

Ingredients

2 tbsp. heavy cream, 2 tablespoons (32 g)

1 tsp. vanilla extract, 1 tsp (5 g)

1/2 cup coconut oil, 0.5 cup (110 g)

1/4 cup cocoa powder, 0.25 cup (23 g)

Maple Syrup, 2 tablespoons (40 g)

Peanut butter, smooth & crunchy, no added sugar or salt, 2 Heaped Tablespoon (40 g)

Coconut Flour, 2 Tbsp (15 g)

Flaxseed Meal, 2 Tbsp (13 g)

1/4 cup unsweetened shredded coconut, 0.25 cup (23 g)



Instructions/Preparation

Mix together all of the dry ingredients with the coconut oil. It may take a bit of work, but it will eventually turn into a paste.

Add heavy cream, vanilla, peanut butter and maple syrup. Mix again until everything is combined and slightly creamy.

Measure out unsweetened shredded coconut on to a plate.

Roll balls out using your hand and then roll in the unsweetened shredded coconut.

Lay on to a baking tray covered in parchment paper. Set in the freezer for about 20 minutes.

Original source

<http://www.ruled.me/no-bake-chocolate-peanut-butter-fat-bombs/>

Food	Energy/ srv	Protein /srv	Fat/ srv	Carbs /srv
2 tbsp. heavy cream, 2 tablespoons (32 g)	13.6 kcal	0.1 g	1.4 g	0.1 g
1 tsp. vanilla extract, 1 tsp (5 g)	1.8 kcal	0 g	0 g	0.1 g
1/2 cup coconut oil, 0.5 cup (110 g)	122.7 kcal	0 g	13.6 g	0 g
1/4 cup cocoa powder, 0.25 cup (23 g)	6.4 kcal	0.6 g	0.4 g	1.6 g
Maple Syrup, 2 tablespoons (40 g)	13.5 kcal	0 g	0 g	3.4 g
Peanut butter, smooth & crunchy, no added sugar or salt, 2 Heaped Tablespoon (40 g)	31.5 kcal	1.2 g	2.7 g	0.5 g
Coconut Flour, 2 Tbsp (15 g)	6.3 kcal	0.3 g	0.4 g	1 g
Flaxseed Meal, 2 Tbsp (13 g)	8.7 kcal	0.4 g	0.6 g	0.5 g
1/4 cup unsweetened shredded coconut, 0.25 cup (23 g)	19.2 kcal	0.2 g	1.9 g	0.7 g
TOTAL	223.63 kcal	2.71 g	20.9 8 g	7.86 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.