

Peanut Butter & Honey Truffles



This recipe is great for a dessert or a quick pick-me-up snack. With the perfect amount of honey, it is sure to satisfy your sweet tooth without too many calories!

YIELD 11 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

½ cup	Old Fashioned Oats
½ cup	Peanut Butter, natural, no salt or sugar added
3 Tbsp	Honey
½ tsp	Vanilla Extract
¼ tsp	Kosher Salt
3 Tbsp	Dried Shredded Coconut, unsweetened

CHEF'S NOTES

You can also use chopped peanuts for rolling the truffles, if you prefer.

Honey is a delicious natural sweetener that is sweeter and more complex in flavor than granulated sugar, meaning you need less to satisfy your cravings.

Honey has also been shown to contain antioxidants that can help protect your body from inflammation!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Pulse the oats in a blender or food processor for 30-45 seconds until they become a flour-like powder.
3. In a mixing bowl, stir together the peanut butter, honey, vanilla, salt, and oat flour. Mix until thoroughly combined. Place the coconut on a plate or in a shallow container.
4. Using a 1 Tbsp measuring spoon, scoop the peanut butter mixture and use your hands to roll into balls.
5. Roll each ball in the coconut to coat before transferring to a plate or small sheet tray lined with parchment or plastic wrap. Place in the refrigerator and chill for minimum of 30 minutes. Serve cold and store extra truffles in the refrigerator for up to 1 week.

Nutrition Facts

11 servings per container

Serving Size 1 truffle (23 g)

Amount per serving

Calories 110

% Daily Value *

Total Fat 7g 9%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 4%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 5%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0.14mg 0%

Potassium 14mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

