



PEANUT BUTTER BALLS

Ingredients:

- 1/2 cup peanut butter
- 1/4 cup honey stevia blend (look for Truvia Nectar)
- 1/2 tsp pure vanilla extract
- 1/4 cup coconut flour (this is a low carb flour)
- 3 tbsp ground flax seed
- Pinch salt
- 1/4 cup dark chocolate chips (optional)

Directions:

1. In a bowl, mix together the peanut butter, honey stevia blend and vanilla. In another bowl, mix together the flour, flax seed and salt. Add to the peanut butter so the mixture holds together. If too wet, add more flour, if too dry, add a little water. Fold in the chocolate chips.
2. Roll into balls and set on a plate. Place in the refrigerator to set for 1/2 hour prior to serving.

Nutrition facts:

Makes 14 balls Serving size 2 balls

Per serving: 100 calories, 16 grams carb, 9 grams fat, 1.5 grams saturated fat, 2 grams protein, 70 mg sodium, 0 cholesterol

Recipe provided by: Robyn Webb, award-winning cookbook author and nutritionist