

CACAO PEANUT BUTTER BALLS



Our Lismore store manager Caroline has been making these for the staff since our new nut butter machines came in. They are absolutely delicious and completely irresistible. For these we added flaxseed (linseed) meal for a bit of extra fibre but you can easily substitute with some LSA or almond meal in place.

Serving Size: Makes 19 (and a 1/4 medium size bites)

Ingredients:

1 1/4 cups of organic desiccated coconut

1/4 cup ground flaxseed (linseed)

1 cup smooth peanut butter

2 tablespoons organic cacao powder

2 tablespoons organic cacao nibs

1/4 cup honey (if you don't have a sweet tooth you can halve this amount)

Method:

Mix all the dry ingredients together in a bowl until well combined.

Add the honey and peanut butter and using your hands mix into a firm ball until you have a good consistency throughout.

Portion out and roll into bite size balls.

Keep refrigerated or in the freezer when not eating. Enjoy!

Tip:

Use disposable gloves when you are kneading the mix and rolling the bites to avoid mess and sticky hands.

Inspiration:

For a vegan alternative, substitute the honey with either rice malt or maple syrup.

Gluten Free | Dairy Free | Paleo | Vegetarian

If you like these you may also like our **No Bake Paleo Nut Bars**