

KETO PEANUT BUTTER BALLS

No-bake peanut butter balls made with coconut flour and keto maple syrup — an easy low-carb treat



INSTRUCTIONS

1. Make the dough

- 1 cup all natural, no sugar added smooth peanut butter
- 1/2 cup coconut flour
- 3 Tbsp low carb keto maple syrup
- 1/4 tsp salt (optional, balances the sweetness)

Combine the peanut butter, coconut flour, maple syrup, and salt in a medium bowl. Mix until a thick, uniform dough forms.

2. Roll and chill

Roll the dough into 1-inch balls and place them on a parchment-lined tray. Chill in the fridge for 20 to 30 minutes, until firm.

3. Dip in chocolate (optional)

- 1 cup 60% Ghirardelli dark chocolate, chopped or chips
- 1 tsp coconut oil (helps the coating stay smooth)

Melt the chocolate and coconut oil together in the microwave or a double boiler, stirring until smooth. Dip each ball to coat, then return to the tray. Chill again until the chocolate sets.

NUTRITION (per ball, makes 16)

Without chocolate coating:

- Calories: 108
- Total Fat: 8g
- Total Carbs: 4g
- Fiber: 2g
- Net Carbs: 2g
- Protein: 4g

With chocolate coating:

- Calories: 193
- Total Fat: 14g
- Total Carbs: 12g
- Fiber: 4g
- Net Carbs: 8g
- Protein: 5g

STORAGE

Store in an airtight container in the fridge for up to 2 weeks, or freeze for up to 3 months.



Recipe created by Mind-Body Functional Health.
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