



Long Livo

Healthy Peanut Butter Balls

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 1 cup rolled oats
- ☐ 1/2 cup natural peanut butter
- ☐ 1/4 cup honey or maple syrup
- ☐ 1 tsp vanilla extract

- ☐ 1/4 cup chopped almonds or walnuts
- ☐ 2 tbsp dark chocolate chips (optional)

For the Chocolate Drizzle

- ☐ 1/4 cup dark chocolate chips
- ☐ 1 tsp coconut oil

Instructions

- 1** In a large bowl, combine rolled oats, peanut butter, honey, and vanilla; stir until the mixture is evenly coated and begins to clump.
- 2** Fold in chopped nuts and optional chocolate chips, distributing them throughout the batter.
- 3** Using your hands, roll the mixture into 1-inch balls and place them on a parchment-lined tray.
- 4** If using a drizzle, melt dark chocolate chips with coconut oil over low heat, then gently pipe a thin line over each ball.
- 5** Refrigerate the balls for at least 20 minutes, allowing them to firm up and the flavors to meld.
- 6** Serve chilled or at room temperature; keep leftovers stored in the fridge for up to a week.

Nutrition per serving

150 kcal

Calories

5 g

Protein

12 g

Carbs

9 g

Fat

Tips & notes

- If you prefer a lower-sugar version, reduce honey to 2 tablespoons and add a pinch of stevia.
- For extra crunch, toast the oats lightly before mixing.
- These balls freeze well; thaw gently before eating.