



Chocolate Peanut Butter Bites

SERVINGS: 12

PREPPING TIME: 10 MINS

SET TIME: 1 HR

INGREDIENTS

- 1/2 cup Greek yogurt (plain, non-fat or low-fat)
- 1/2 cup powdered peanut butter
- 2 tbsp. natural peanut butter
- 1 tbsp. honey or maple syrup
- 1 tsp. vanilla extract
- 1 cup chocolate chips
- 2 tsp. coconut oil
- Optional toppings: chopped nuts, sea salt

DIRECTIONS

1. In a bowl, mix Greek yogurt, peanut butter powder, peanut butter, maple syrup or honey, and vanilla extract until well combined.
2. Using a teaspoon, spoon the mixture, forming 2-inch circles (12 in total) onto a parchment-lined plate or small baking tray.
3. Place the bites in the freezer for 1 hour.
4. Melt the chocolate chips with coconut oil. Dip each bite into the melted chocolate, place back on a baking sheet, sprinkle with desired topping (optional), and place in the fridge to set.
5. Keep the bites in the fridge for 3-4 days.

NUTRITION

Serving size: 1 bite
(per serving) 160 calories, 9g fat, 4g saturated fat, 0mg cholesterol, 45mg sodium, 15g carbohydrate, 2g fiber, 12g sugar, 4g protein