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HOW TO MAKE
Vegan
Sushi

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Coconut
and Cacao
Donuts

MUST TRY
Bliss Ball
- 4 WAYS!

22
FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

Kid Approved!
Zucchini
Tater Tots

Party Perfect Spinach Cheese
Pizza Rolls

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Chocolate covered creamy peanut butter balls

(low fat, no oil, vegan)

By: Jen deHaan



This delicious treat is perfect to take to a holiday party, family gathering, or whenever you want to impress your non-vegan or health-conscious friends with a surprisingly healthy dessert. Well, it's not perfectly healthy but it's pretty tame as far as desserts tend to go.

These creamy peanut butter balls do not contain much fat or sugar, and no oil at all. In fact, they are also quite inexpensive to make because the main ingredient is... beans. The center is soft peanut butter goodness. I gave one of these treats to my mom, and asked her what was inside - she guessed peanut butter. So it definitely has all that flavor despite being loaded with healthy and fiber rich beans. These treats are quite easy to make, albeit a little bit finicky with the melted chocolate. If the chocolate starts to set, melt it again so it's viscous and easy to work with. This will help you spread a thin coat on each ball. And don't forget to dust your hands in a bit of flour before rolling the peanut butter filling (otherwise it's a little sticky).

Chocolate covered creamy peanut butter balls

Yields: 8 Servings

Serving size: 2 treats

INGREDIENTS:

- ¾ cup white beans (cooked from dry or canned)
- ¾ cup peanut flour* (or powdered peanut butter, see notes)
- 3 Tbsp maple syrup (or preferred sweetener, optional)
- 1 Tbsp aquafaba (bean water from can of cooked beans), or water
- 1/3 cup vegan chocolate chips (check the label: oil free and limited ingredients recommended, such as Enjoy Life brand)



* Peanut flour is defatted, unsweetened peanuts. It is the same as "powdered peanut butter", except it does not include any sweetener. If you use powdered peanut butter, you may be able to omit the added maple syrup in this recipe.

INSTRUCTIONS:

1. Add the cooked beans, maple syrup, and aquafaba to a high speed blender, and combine well scraping down the sides regularly.
2. Add the peanut flour, and blend until completely incorporated (adding more aquafaba if necessary to keep the blades moving). The mixture should still be very thick, similar to the consistency of play-doh.
3. Remove the peanut butter filling from your blender and dust your hands with a bit of peanut flour, regular flour, or icing sugar.
4. Remove a chunk of the peanut butter, and roll into a ball that's about an inch diameter or so. Place on a baking sheet.
5. Repeat for the rest of the peanut butter filling

- you should have around 14-16 balls. Put the baking sheet in the fridge or freezer to chill while you melt the chocolate.

6. Melt the chocolate on the stovetop or the microwave, stirring regularly throughout the melting process until completely melted and glossy.

7. Roll each peanut butter ball in the chocolate until completely coated (I used a spoon to gently roll it in a large bowl), returning each ball to the baking sheet.

8. Return the baking sheet to the fridge or freezer to allow the balls to set. Once set, you can place them in a container.

9. Keep refrigerated, and enjoy within 3-5 days (honestly though... mine have never lasted close to that long!)



ABOUT THE AUTHOR

Jen is a dance fitness instructor, web designer, and plant-based nutrition enthusiast living in British Columbia, Canada. She has over 15 years experience in software and graphic art, many of which were spent working in Silicon Valley. Jen completed the Developing Healthy Communities program at Tufts University's Friedman School of Nutrition Science and Policy. Find more of her work at: PlantBasedRecipe.com

