

Choco Fever Dream

Healthy Peanut Butter Balls

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**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	5 g	12 g	9 g
Calories	Protein	Carbs	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.