

## Chocolate Peanut Butter Balls

Yield: 25 servings

Serving size: 2 balls

### Ingredients:

- 1 can (15 ounces) great northern beans, drained and rinsed
- 1/3 cup honey
- 1 tablespoon vanilla
- 1 1/4 cups peanut butter
- 1 cup quick cooking oats
- 1/2 cup mini semi-sweet chocolate chips
- 2/3 cup unsweetened coconut flakes

### Directions:

1. Mash the great northern beans with a fork in a bowl until smooth.
2. Add the honey and vanilla. Stir.
3. Add peanut butter. Stir until blended.
4. Stir in the oats, coconut, and chocolate chips.
5. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 50 balls).
6. Store leftover balls in an airtight container in the refrigerator.

### Nutrition Information per Serving:

Calories 170, Fat 9g, Protein 6g, Fiber 3g,  
Sodium 110mg, Carbohydrate 17g

