

CHOCOLATE COVERED PEANUT BUTTER YOGURT BALLS

Yield: 12

1 ½ cups plain Greek or Icelandic yogurt

1 ¼ cups peanut butter (no sugar, no oils)

¼ cup ground flax seeds

8 ounces bittersweet chocolate (70%)

½ cup unsweetened coconut

1. In a bowl, combine the yogurt, peanut butter and flax seeds. Mix well.
2. Form into balls (about the size of a golf ball). Place on a baking sheet lined with parchment paper and place in the freezer to harden (about 30 minutes)
3. In a double boiler (a stainless steel or pyrex bowl set over a pot of boiling water - not touching the water!) melt the chocolate.
4. Have the coconut spread out on another baking sheet.
5. Dip each yogurt ball into the melted chocolate - using two forks, then roll in the coconut. Place back on the original baking sheet. Repeat with all the balls.
6. Place the baking sheet back in the freezer and store until very hard. Then you can gather them and place them in a freezer bag or container for storage.
7. When ready to indulge, grab one out of the freezer and let sit at room temperature for about 10 minutes. You can also store these in the refrigerator for up to 2 weeks.