



Chocolate Earth Balls

(Makes about 30)

Submitted by
Lynne Castaldo
Westminster, CO

- 1 cup Justin's Peanut Butter
- 1/3 cup honey
- 2 teaspoons carob powder or unsweetened organic cocoa powder
- 1/2 cup raisins
- 3/4 cup unsweetened shredded coconut, divided
- 1/2 cup semisweet chocolate chips
- 1/4 cup sesame seeds
- 1/4 cup finely chopped nuts (walnuts, pecans, etc.)

Method

Before measuring the peanut butter, stir it up well. Mix the Justin's, honey and carob or cocoa powder until well combined. Stir in the raisins and 2 tablespoons of the coconut. Stir in the chocolate chips. Refrigerate for 1 to 2 hours.

Place the remaining coconut, sesame seeds and nuts into 3 separate bowls. Using a spoon, scoop small heaps of the peanut mixture from the bowl; roll into 1 1/4-inch balls. Rolling is easier if you form a rough ball, roll in the coconut, and then continue rolling into a more perfect shape. Roll each finished ball in more coconut, sesame seeds and chopped nuts. Arrange the balls on a plate, cover loosely with plastic wrap and refrigerate for at least 30 minutes.

Nutrition

Per serving (1 each/22g-wt.): 110 calories (70 from fat), 8g total fat, 3g saturated fat, 0mg cholesterol, 40mg sodium, 10g total carbohydrate (2g dietary fiber, 6g sugar), 3g protein