

Peanut butter and chocolate bites



20 min.

136 kcal

SteviaSweet Crystal

Preparation

Put all ingredients into a food processor and mix until the batter is smooth. Make into small balls and leave to set in a cool place for a few hours.

Melt the chocolate in the microwave. Trickle on top of the peanut butter bites with a spoon and leave to set. Keep refrigerated.

Ingredients for 20 pieces

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|-------|---------------------------|
| 150 g | dates |
| 50 g | raisins |
| 200 g | unsweetened peanut butter |
| 45 g | oatmeal |
| 20 g | SteviaSweet Crystal |
| 50 ml | coconut oil |

To serve

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|----------------------------------|
| 25 g dark (sugar-free) chocolate |
|----------------------------------|

Nutritional information per portion

| | |
|------|-----------------|
| 136 | kcal |
| 573 | kJ |
| 3 | g Protein |
| 11.5 | g Carbohydrates |
| 8.5 | g Fat |