



village health clinic

naturopathic medicine & midwifery care

Chocolate Earth Balls

Dairy-Free, Gluten-Free, Egg-Free

from *The Whole Foods Market Cookbook*

Kids love making and eating these chocolate earth balls, a less fancy version of grown-up truffles. No baking required!



Serves 4

- 1 cup organic peanut butter
- 1/3 cup honey
- 2 teaspoons carob powder or unsweetened organic cocoa powder
- 1/2 cup organic raisins
- 3/4 cup unsweetened shredded organic coconut, divided
- 1/2 cup organic chocolate chips
- 1/4 cup organic sesame seeds
- 1/4 cup finely chopped organic nuts (walnuts, pecans, etc.)
- Before measuring the peanut butter, stir it up well.

Mix the peanut butter, honey and carob or cocoa powder until well combined. Stir in the raisins and only 1/8 cup 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 Information

Per serving (42g-wt.): 210 calories (140 calories from fat), 15g total fat, 5g saturated fat, 3g dietary fiber, 5g protein, 18g carbohydrate, 0mg cholesterol, 85mg sodium