



## **Peanut Butter Protein Truffles**

You can't go wrong with peanut butter and chocolate and this recipe is no exception. Garbanzo beans amp up the staying power of this treat while adding extra creaminess and fiber. With only 15 minutes of active prep time, this dessert or snack comes together quickly with minimal effort.

**Yield:** ~20 Truffles

**Timing:** Prep Time = 15 min Total Time = 1 hr, 15 min

### **Ingredients**

- 1 can garbanzo beans (15 ounces)
- ¼ cup creamy peanut butter
- 2 Tablespoons maple syrup
- 1 teaspoon vanilla extract (optional)
- 8 ounces semi-sweet chocolate chips

### **Method of Preparation (Instructions)**

1. Begin by draining a can of garbanzo beans and adding to the bowl of a food processor.
2. Add in peanut butter, maple syrup, and vanilla extract (if using) and pulse until the mixture is smooth and creamy. It should be the texture of cookie dough.
3. Divide the mixture into 20 individual balls that are about one tablespoon each in size. Place on a lined or greased sheet pan.
4. Place the sheet pan in the fridge for about 30 minutes.
5. Melt chocolate chips in 30 second increments in the microwave, making sure to stir after each interval to prevent burning the chocolate.
6. Dip each of the balls one at a time into the melted chocolate and coat completely.
7. Place the coated truffles back onto the sheet pan and place back into the refrigerator until chocolate has hardened, about 30 minutes.
8. Place any leftover truffles in an airtight container and store in the refrigerator.

### **Utensils/Equipment Needed**

- Food Processor
- Measuring cups/spoons
- Spoons
- Sheet pan
- Parchment paper
- Bowl
- Refrigerator