

## CRUNCHY CHOCOLATE PEANUT BUTTER BALLS

Prep time: 15 minutes. Chill time: 30 minutes

### What you'll need:

- 1 cup dates (pitted)
- ½ cup peanut butter
- 1 Tablespoon chia seeds (optional)
- ½ teaspoon vanilla
- 2 Tablespoons maple syrup
- ¼ cup uncooked quinoa or millet
- ¼ cup chocolate chips
- 1 Tablespoon peanuts – smashed for topping

Toast the quinoa or millet by placing it in a small saucepan and turning the burner to medium-low. Occasionally stir so it doesn't burn. You'll notice a slight change in color in the quinoa or millet when it's done. You may hear a popping sound. Don't turn the burner too high for this or they will burn. Once toasted, set aside for now.



Put dates in a blender. Blend until they look like paste. Add in peanut butter, vanilla and maple syrup and blend well.

Add in quinoa or millet and blend in. If you are adding the chia seeds you can add them as well. If it's too thick and not blending well try adding water, 1 teaspoon at a time.

Roll into small balls on a plate.

Put chocolate chips in a bowl and microwave for 45 seconds at 70%. Stir well. If needed, microwave for another 15 seconds at 70% and stir really well. They continue to melt as you stir.

Roll the balls in the chocolate sauce and place back on plate. Or if you prefer you can drizzle the chocolate over the balls using a spoon (less messy this way). Top with a few crumbled peanuts then put in the fridge for at least 30 minutes.



These are such a rich and nutritious treat! If you like chocolate and peanut butter you will love them!

***Health nuggets:***

**Dates** are fantastic. High in fiber and despite being 80% sugar, they have no adverse effects on blood sugar or weight. They are a low glycemic food. They have beneficial improvements in triglycerides and antioxidant stress levels. They have been touted as the “richest source of dietary minerals.”

**Quinoa** is actually a seed-like grain but acts as a “pseudo-grain”. It has more protein and magnesium than other grains and is strong in iron and zinc. Red quinoa has twice the antioxidant power than white quinoa.

**Millet** is actually not a specific grain but a generic term for a bunch of different plants. All millets are gluten-free. Some millets (finger millet) is said to have eight times more calcium than other grains and three times as much calcium as milk. Some of the millets are exceptionally high in iron as well. Regular millet is high, but barnyard millet has five times more iron than steak.

*Dr. Gregor, NutritionFacts.org*