

# Crispy Peanut Butter Balls

All you need are four simple ingredients to make healthier crispy peanut butter balls that kids and grownups will love. Make this easy recipe for a bite-size treat, on-the-go snack or easy homemade gift. You can swap the peanut butter for almond butter or even sunflower seed butter if you need a nut-free snack for school.

By **Devon O'Brien** Updated on April 14, 2025

 Reviewed by Dietitian **Victoria Seaver, M.S., RD**

**Prep Time:** 15 mins

**Additional Time:** 30 mins

**Total Time:** 45 mins

**Servings:** 12

**Yield:** 12 servings

## Nutrition Profile:

Low-Carb Diabetic-Friendly Dairy-Free Low-Sodium Soy-Free Heart-Healthy Vegan Egg-Free Gluten-Free Low-Calorie

## Ingredients

½ cup natural peanut butter, almond butter or sunflower seed butter

¾ cup crispy rice cereal

1 teaspoon pure maple syrup

½ cup dark chocolate chips, melted (see Tip)

## Directions

### Step 1

Line a baking sheet with parchment or wax paper. Combine peanut butter, cereal and maple syrup in a medium bowl. Roll the mixture into 12 balls, using about 2 teaspoons for each. Place on the prepared baking sheet. Freeze the balls until firm, about 15 minutes.

### Step 2

Roll the balls in melted chocolate. Return to the freezer until the chocolate is set, about 15 minutes.

## Tips

To make ahead: Refrigerate in an airtight container for up to 3 weeks.

Tip: To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.

Originally appeared: EatingWell.com, January 2017

## Nutrition Facts

Per serving: **Serving Size 1 ball** 112 calories; total fat 8g; saturated fat 2g; sodium 45mg; total carbohydrate 8g; dietary fiber 1g; total sugars 5g; added sugars 4g; protein 3g; vitamin c 1mg; calcium 3mg; iron 1mg; potassium 29mg

### Explore more:

Lifestyle Diets

Vegan

Vegan Dessert

Vegan Chocolate

Was this page helpful?

