



Optimized PB Cookie Dough Balls - S

Picture peanut butter, chocolate chip cookie dough but now picture it as actually healthy for your body! This is what you've got with this recipe. Perfect as an afternoon snack or as a lovely dessert after your meal. You can enjoy them with or without the chocolate coating.

Makes: 12-16 Protein Balls

INGREDIENTS FOR THE PROTEIN BALLS:

- 1/3 cup TH Baking Blend
- 1/3 cup TH Optimized Plant Protein
- 2/3 cup TH De-Fatted Pressed Peanut Flour
- 1/4 cup TH Gentle Sweet
- 1/2 tsp. TH Mineral Salt
- 1/3 cup unsweetened almond milk
- 2 Tbs. natural peanut butter
- 1/4 cup on-plan chocolate chips

INGREDIENTS FOR THE CHOCOLATE COATING:

- 1/2 cup on-plan chocolate chips
- 1 Tbs. coconut oil

DIRECTIONS:

1. Add all of the ingredients for the protein balls to a bowl and mix until well combined.
2. Shape into 12 individual balls and place in the freezer for about 10 minutes. If not making chocolate coating, transfer balls to refrigerator.
3. If making the coating, melt chocolate chips and coconut oil together and coat each ball with the chocolate coating by dipping each one in and using a spoon to cover completely with the melted mixture.
4. Place the coated balls into the freezer until the chocolate coating has hardened.
5. Store in the refrigerator.

This and other delicious THM recipes can be found at www.TrimHealthyMembership.com