

# Dark Chocolate & Peanut Butter Energy Bites

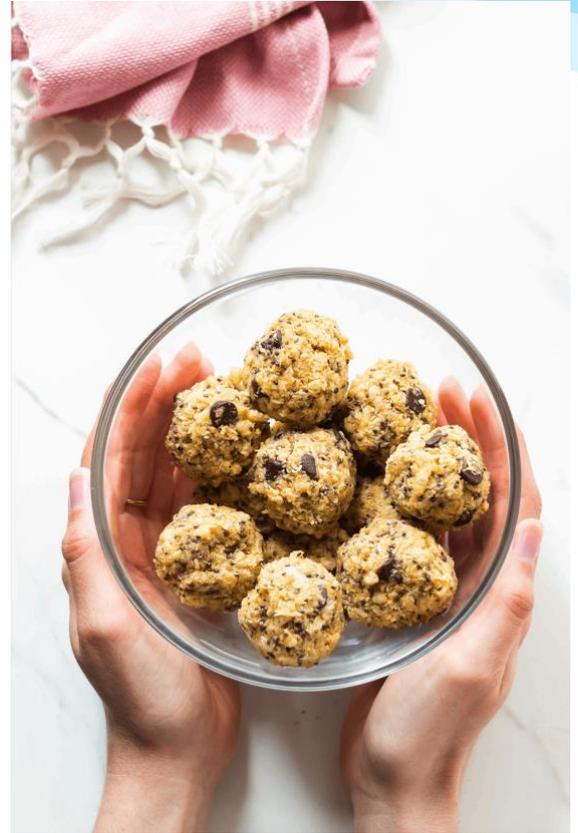
Serves 26 (2-3 per serve)

## Ingredients

2 cups puffed rice\*  
 2 cups dried shredded coconut\*  
 8 tbsp peanut butter\*  
 125 ml (1/2 cup) pure maple syrup\*  
 4 tbsp chia seeds  
 1/2 tsp salt  
 3/4 tsp vanilla essence  
 88 g (1/2 cup) dark chocolate chips\*

## Method

1. In a food processor pulse the puffed rice and desiccated coconut until they are coarsely ground.
2. Next add the peanut butter, maple syrup, chia seeds, salt, vanilla essence, and dark chocolate chips. Pulse again until the chocolate chips are smaller and the ingredients are well mixed.
3. Using a tablespoon measure, scoop up the mixture and mold into balls. If the mixture is a little bit too dry add another drizzle of maple syrup and mix again.
4. Freeze until solid, then store in the fridge or freezer. They will last in the fridge for up to 7 days.
5. Enjoy! Just remember to limit your serve to 2 – 3 balls at a time to keep within low FODMAP limits.



Recipe provided by Alana Scott



Alana has irritable bowel syndrome and coeliac disease. She is allergic to nuts and intolerant to dairy products. Hence, she understands how difficult it can be to cook with food intolerances. Her recipes inspired her to found A Little Bit Yummy, where she shares her recipes.