

Peanut Butter Balls

*While these high-energy balls are decadent enough for dessert, they're healthy enough for a snack!
See "The Happy Hippie" recipe for more information on how to cook quinoa.*

- 1 ½ cups natural peanut butter (or any sort of nut butter, such as almond, cashew, etc.)
 - ½ cup unsweetened, shredded coconut
 - ½ teaspoon sea salt
 - 3 tablespoons sesame seeds
 - 2 tablespoons ground flax seeds
 - 2 teaspoons vanilla extract
 - 2 tablespoons honey
 - 1 cup cooked brown rice or quinoa
 - 2 cups dark chocolate chips (optional)
1. In a medium-large glass or ceramic bowl, combine peanut butter, coconut, salt, sesame seeds, ground flaxseed, vanilla extract and honey. Mix with a spoon until thoroughly combined.
 2. Add 1 cup cooked, cooled rice or quinoa to peanut butter mixture. Stir until thoroughly mixed.
 3. Line a cookie sheet with parchment paper. Scoop 1 tablespoon of mixture into your hands and using your fingers, shape the batter into a ball. Do this with all of the batter, placing the balls on the parchment-lined cookie sheet.
 4. Once the cookie sheet is full, place it in the fridge to cool for at least 1 hour.
 5. Melt chocolate chips in double boiler until fully melted.
 6. Remove balls from fridge and roll in chocolate.
 7. Use tongs to remove the chocolate-covered balls, one-by-one, and place them again on the parchment-lined cookie sheet. When the cookie sheet is filled, return it to the fridge and allow to cool until the chocolate has hardened.