



## VEGAN PEANUT BUTTER MAPLE BALLS

By Dr. Cindy Tanzar  
(Maintenance/Special Occasion)

These no-bake treats are a perfect balance of nutty, sweet, and chocolatey goodness! Made with wholesome almonds, flax, and unsweetened coconut, they're naturally sweetened with Lakanto Maple Syrup and packed with rich peanut butter flavor. Finished with stevia-sweetened dark chocolate chips, these little bites deliver satisfying crunch, chew, and just the right amount of indulgence—all while staying dairy-free and vegan. Perfect for a special occasion or a mindful treat during maintenance.

Makes 18-20 balls.



### INGREDIENTS

- 1-1/2 cups almonds
- 1/2 cup unsweetened coconut, shredded
- 1/3 cup golden flax meal
- 1/4 tsp. pink Himalayan salt
- 2/3 cup all-natural peanut butter or almond butter (the kind with oil you need to stir)
- 1/3 cup Lakanto Maple Syrup



1 tsp. pure vanilla extract

1/2 cup stevia sweetened dark chocolate Chips

## **DIRECTIONS**

Place almonds into a food processor. Pulse (starting and stopping every couple of seconds) until you have a mixture of chopped almonds and almond meal.

Add the coconut, flax meal and salt. Pulse just until mixed.

Add peanut butter/almond butter, Lakanto syrup and vanilla. Pulse again until just combined. Do not overmix.

Fold in chocolate chips with a spatula and press them into the mixture.

Roll into 1" balls and place on a pan to harden in the refrigerator. Once set, store them in an airtight container for up to a week.