

PEANUT BUTTER GREEK YOGURT BITES



Michelle Briceno, Obesity Medicine Certified Registered Dietitian at Terrebonne General Weight Management, shares a delicious sweet treat.

INGREDIENTS

- 1 cup powdered peanut butter
- 1 single-serve sugar-free vanilla Greek yogurt
- 1-2 tbsp. Stevia or preferred sweetener of choice
- Sugar-free chocolate chips
- 1 tsp coconut oil

DIRECTIONS

1. Combine the powdered peanut butter, Greek yogurt, and sweetener until mixed well. It should have a dough-like consistency.
2. Roll into balls.
3. Melt chocolate chips with coconut oil until smooth.
4. Dip or drizzle each ball into the chocolate and put it on a cookie sheet covered with wax paper. Place it in the refrigerator for at least an hour to set. Keep in an airtight container in the fridge for up to 3 days.

Nutrition: Makes 10 servings

1 PB ball provides 100 calories, 5 grams total fat, 11 g total carbohydrates, 3 grams dietary fiber, and 7 grams protein

NOTE: Each ball provides 3 grams of the recommended fiber of 25-38 grams per day in this sweet treat.

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