

PALEO VEGAN PEANUT BUTTER EGGS (KETO, SUGAR FREE)

INGREDIENTS

- 3/4 cup coconut flour
- 2 cups smooth peanut butter Can sub for any nut or seed butter
- 1/2 cup sticky sweetener of choice * See Notes
- 1 tbsp liquid of choice Optional
- 2-3 cups chocolate chips of choice ** See Notes

DIRECTIONS

- In a large mixing bowl, combine your coconut flour, smooth peanut butter and sticky sweetener of choice and mix until combined. If your peanut butter is too stiff, melt it slightly beforehand.
- If the batter is too crumbly, add some liquid of choice, one tablespoon at a time until a thick, formable batter remains.
- Line a large plate or tray with parchment paper. Slightly wet your hands and form egg-shaped domes with the peanut butter mixture. Repeat until all the dough is used up and place in the freezer.
- Once frozen, melt your chocolate chips of choice. Dip the peanut butter eggs into the chocolate, ensuring they are fully coated. Place back on the parchment paper and refrigerate until firm.

NOTES

- You can use maple syrup, agave nectar, honey and brown rice syrup. To keep it keto friendly, you can use monk fruit sweetener and add coconut milk until thick.
- I use either Dairy Free Paleo Vegan Chocolate Chips or Stevia Sweetened Chocolate Chips, which is keto friendly.
- Healthy Paleo Vegan Peanut Butter Eggs can be kept at room temperature, and are also delicious refrigerated and freezer friendly.

NUTRITION

Serving: 1 egg | Calories: 99kcal | Carbohydrates: 4g | Protein: 4g | Fat: 7g | Fiber: 3g | Vitamin A: 24% | Vitamin C: 3% | Calcium: 2% | Iron: 4%