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No-Bake Chocolate Peanut Butter Oatmeal Balls + Video



Healthy and I don't get along well.

I want to eat Healthy, but Healthy doesn't make it easy for me. And more times than not, I go running back to Unhealthy because I'm unsatisfied and can't take the misery Healthy causes me anymore. There are a few times when Healthy gets it right though, and that's what always keeps me coming back.

I have a particularly difficult time finding healthy sweets that are truly satisfying. Savory stuff isn't so hard, but sweets are downright impossible since you almost always need sugar to be sweet, and everybody tells you a ton of sugar isn't good for you. Too bad I have an insatiable sweet tooth that needs satisfying. So how do I win this seemingly hopeless battle?

Simple: I just whip up a batch of these **No-Bake Chocolate Peanut Butter Oatmeal Balls**. These babies are the definition of **nutritious and flippin' delicious**. Go ahead; look it up in the dictionary, I dare you. Next to "nutritious & delicious," there will be a big fat picture of these peanut butter-packed balls of awesome smiling back at you.

Posted: December 3, 2012 | **Author:** The Smart Cookie Cook | **Filed under:** The Smart Cookie Cook | **Tags:** chocolate, Christmas, dessert, food, no-bake, Peanut butter, video | 2 Comments »



Why do I love these? They're loaded with **creamy peanut butter, decadent chocolate chips, wholesome oats, crunchy ground almonds, sweet honey, and nutty toasted coconut**, so there's half a dozen delicious things going on at once. It creates a rainbow of textures and flavors that work together cohesively for the ultimate palate experience. But the best part is, all that stuff is good for you too! You've got **protein, fiber, antioxidants, and more**. Plus using honey eliminates the need for any added sugar. Seriously, does it get any better than this?

You won't believe how tasty these "nut jobs," as one of my co-workers called them, are. Everyone at work gave them rave reviews, which is funny because they're the healthiest thing I've ever brought in. Who knew people could get so excited over something that's actually good for them? When you taste one, you'll understand how that's possible. They're sweet, salty, crunchy, creamy, and packed with so much good flavor that your head will explode, put itself back together, and then explode again.

And because that's not awesome enough, these No-Bake Chocolate Peanut Butter Oatmeal Balls are also, you guessed it, **no-bake**. Dump the ingredients in a bowl, mix, and viola. You've got yourself the best snack this side of the sun. Don't believe me? Check out how easy they are to make in my **how-to video**.

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A Few Tips Before You Get Cooking:

1. If you want to make these as healthy as possible, it's best to use natural, unsweetened PB, unsalted nuts, dark chocolate, and natural honey.
2. These are a **great Christmas gift** since they're easy to make, and they will be a welcome change from the onslaught of cookies everyone will be receiving!
3. **Kids** will love these as a healthy afternoon snack.
4. These are packed with **protein**, so they're great for energy.



No-Bake Chocolate Peanut Butter Oatmeal Balls

By The Smart Cookie Cook

Ingredients:

- 2 cups creamy peanut butter
- 1 cup quick-cooking oats, plus more for rolling
- 1 cup roasted unsalted nuts* (I used almonds)
- 1 cup toasted coconut*
- 1 1/4 cups chocolate chips, dark or milk
- 1-4 – 1/2 cup honey

*To roast nuts, spread them out in an even layer on a baking sheet lined with aluminum foil. Bake at 350 degrees F for 5-10 minutes, or until you can smell them.

*To toast coconut, spread out in an even layer on a baking sheet lined with aluminum foil. Bake at 350 degrees F for 5-10 minutes, STIRRING EVERY 2 MIN. or it will burn, until golden brown.

Directions:

1. Place the roasted nuts in a food processor and pulse until they resemble a fine crumb.
2. In a large mixing bowl, use a wooden spoon or spatula to stir together peanut butter, oats, ground nuts, toasted coconut, chocolate chips, and 1/4 cup honey until well-combined and all ingredients are evenly distributed. Taste and decide if you'd like it sweeter; if so, add another 1/4 cup of honey. I used the whole 1/2 cup.
3. Cover and refrigerate until chilled and firm, about 1 hour.
4. Line a baking sheet (or whatever you want to store the balls in) with waxed paper. Pour about 1 cup of oats into a shallow bowl or dish. Take generous tablespoons of peanut butter mixture and use your hands to roll into balls. Roll balls in oats to completely coat the outside. This step is optional, but keeps the balls from being sticky to the touch. Place on waxed paper and either serve immediately or return to fridge until you plan to serve. Keep in fridge in an airtight container for up to 4 days.



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