



# Low FODMAP Cookie Dough Bliss Balls

Serves: 12

Prep: 5 minutes

Cook: 5 minutes



Stack Cup

Ingredients	Metric	Imperial
1/2 cup peanut butter	200 g	7.05 oz
1 1/2 cups almond meal	170 g	6 oz
3 tbsp maple syrup		
1 tsp vanilla essence		
1/3 cup dark chocolate chips	55 g	1.9 oz

## Method

1. Mix the peanut butter, almond meal, maple syrup and vanilla in bowl until a dough like consistency is formed
2. Carefully fold through the chocolate chips
3. Roll into 12 balls and refrigerate for an hour before serving - can also be frozen

Nutrition Information (per serve)	
<b>Energy</b>	860 Kj / 206 cal
<b>Protein</b>	5.90g
<b>Carbohydrates</b>	9.90g
<b>Sugar</b>	8.13g
<b>Total Fat</b>	15.70g
<b>Saturated Fat</b>	2.40g
<b>Fibre</b>	2.00g