AMERICAN · SNACK · DESSERT

Keto Peanut Butter Protein Balls (No-Bake)

15 min · plus 1 hour chilling · Makes 10 × 2 balls · 198 kcal a portion

Video 4:53 · All Day I Dream About Food

Vegetarian · Gluten-free ingredients

Peanut butter, whey and hemp seeds sweetened with erythritol: 12 g protein and under 5 g net carbs in two balls, with no added sugar.

Diet notes: Keto (4.6 g net carbs a serve).

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Ingredients

9 · MAKES 10 × 2 BALLS

- ☐ ⅔ cup **creamy natural peanut butter**
- ☐ 2 tbsp **butter** (or avocado or coconut oil)
- ☐ ¾ cup **unflavoured whey protein isolate**
- ☐ ⅓ cup **powdered erythritol sweetener** (Swerve Confectioners)
- ☐ ¼ cup **almond flour**
- ☐ 2 tbsp **hemp seeds** (optional)
- ☐ ⅛ tsp **salt** (optional)
- ☐ 1 tsp **caramel or vanilla extract**
- ☐ ¼ cup **mini sugar-free chocolate chips** (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Peanut, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Melt the peanut butter and butter together in the microwave (or a small pan) and stir until smooth. 0:33
2. Add the protein powder, powdered sweetener, almond flour, hemp seeds and the salt (if your peanut butter is unsalted). 1:09
3. Work everything together into a stiff dough, adding the caramel or vanilla extract. 2:15
4. Work the mini chocolate chips through the dough. 2:37
5. Warm a little dough between your hands, squeeze it together and roll into 1 inch balls — about 20. If it crumbles add a little oil; if it sticks add a little more almond flour. 2:45
6. Set the balls on a tray lined with wax or baking paper and refrigerate for about an hour to firm up. 3:46

> **Tip** Leave out the salt if your peanut butter is salted. Any nut butter works in place of peanut butter, and egg-white or plant protein can replace the whey.

The method is a summary in our words — the video shows every step.

One portion (2 balls) gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
198 kcal	12 g	7.7 g	3.1 g	15 g	120 mg
830 kJ	24% of a day	4.6 g net · 2 g sugars	11% of a day	4.4 g saturated	5% of a day
		3% of a day		19% of a day	

Energy from net carbs 9% · protein 24% · fat 67% — fits keto: 4.6 g net carbs, 67% of the energy from fat

Source of (10–19%) Vitamin E 16% · Magnesium 14% · Omega-3 12%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=m2h6upyubCA, published 7 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-peanut-butter-protein-balls