

# Buckeye Truffles

## Diabetes Friendly

**Items Needed:** measuring cups, measuring spoons, mixing bowl

**Serves:** 16

### Ingredients:

- ½ cup peanut butter
- ½ cup oats
- ¼ cup dark chocolate chips
- 3 tbsp cocoa powder



### Directions:

1. In a medium bowl, mix peanut butter, oats and chocolate chips well
2. Let sit in refrigerator 5 minutes
3. Roll into 1 tbsp truffles and lay out on a plate, with a bit of space around them. Mixture should make about 16 truffles.
4. Freeze for 5-10 minutes until truffles hold their shape and are not too sticky
5. Remove from refrigerator and sprinkle truffles with cocoa powder.
6. Flip over and sprinkle other side with cocoa powder.
7. Best kept chilled until truffles are to be enjoyed!

### Nutrition Information (per 2 truffles):

Calories: 154 Fat: 11 g Carbs: 8 g Protein: 5 g Fiber: 3 g Sodium: 4.6 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

