



PEANUT BUTTER AND JELLY TRUFFLES

- ¶ Start to finish: 15 minutes
- ¶ Makes 24 truffles
- ¶ 6 slices whole-wheat bread
- ¶ 1 1/2 cups peanut butter
- ¶ 10-ounce bottle (1 1/4 cups) no-sugar jam
- ¶ Crushed nuts, finely diced dried fruit or powdered sugar, for coating (optional)
- ¶ In a food processor, combine the bread, peanut butter and jam. Process until the ingredients form a thick, dark brown dough with an even consistency. There should be no streaks of peanut butter or jam.
- ¶ Break off tablespoon-sized chunks of the dough and roll into balls. The truffles then can be rolled in crushed nuts, finely diced dried fruit or powdered sugar. If not serving immediately, refrigerate in an airtight container.
- ¶ Nutrition information per truffle (values are rounded to the nearest whole number and do not include coatings): 136 calories; 74 calories from fat; 8 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 12 g carbohydrate; 5 g protein; 2 g fiber; 93 mg sodium.