

Going Healthy: Homemade Peanut Butter Dippin'™ Dots

Description



Going to the mall as a kid is a lot more exciting than it is as an adult. At least for me it is. As a kid, you are overwhelmed with fun toys being demonstrated right in the middle of everything, and the food stands have such interesting food to lure offer you.

Poor parents, most are doomed the moment you step foot into a mall with your child unless they have horse blinders on or are really good at saying no. Sorry, mom..

One treat I remember begging to get every time we'd go to the mall were Dippin'™ Dots. Those little pellets of frozen, tasty ice cream would melt in your mouth to a creamy consistency worlds beyond *regular* ice cream. And the flavors, oh man the flavors, how could you choose just one? But the price for these little gems was ridiculous, and therefore, I was only able to choose one! Okay, two. Thanks, mom!!

As a child into my young adult years, I was a pretty hefty boy, and things like Dippin'™ Dots didn't help. Now that I'm such a food snob and scrutinize every product with an ingredient label, I'd never touch these things again. Sorry, Avery, no fun mall treats like these, if anything. If you care, here's the nutritional information and ingredient list for Dippin'™ Dots.

https://secure.dippindots.com/extranet/downloads/Nutritional_Info_Gatefold_Brochure.pdf

Despite the cold weather we've been having, I have been thinking of these lately and really started to crave some. If you don't mind the dots being larger, give this simple recipe a try. You'll appreciate the short ingredient list and guilt-free pleasure to enjoy a large portion.

The peanut flour I use in this recipe is [Anthony's Organic Peanut Flour that you can buy on Amazon](#). It's a great price and can be used in so many recipes or just mixed in water for a low fat peanut butter treat.

This would be a fun, safe, and delicious recipe to make with your little ones, and I can't wait to get Avery in the kitchen to help daddy make these delicious and healthy dots! I only have, ohhhhh, a few

more yearsâ€™! *sigh* Oh well, until then Iâ€™ll make sure she watches as much as possible.

Peanut Butter Dippinâ€™ Dots

Ingredients

- 3/4 cup Greek or regular plain, non-fat yogurt (or 2 6oz containers)
 - 1/2 teaspoon vanilla extract
- 1/4 cup peanut flour or 2 tablespoons natural, creamy PB (I use NuttZo); just briefly heat to make it easy to stir

Directions

In a bowl, mix together the yogurt, vanilla, and peanut flour or peanut butter until well combined. I actually had a large 32oz yogurt container with the right amount left, so I used this to mix everything.



Put the yogurt into a plastic sealable bag, and zip shut.



Cut a small corner off the bag and use it like a piping bag to squeeze out small dots over a cookie sheet. I used a silicone baking mat for ease of transfer once frozen.



Place in your freezer for a couple hours and wait, impatiently, if youâ€™re like me.



Fold the mat to create a âœ• shape and dump (if you didnâ€™t use a mat, use a non-metallic spatula to scrape) into a container with a lid to freeze until ready to eat. Or just eat them right away!
Warning: these melt somewhat quickly, so freezing your storage device before hand will help the dots keep their shape.



If you arenâ€™t fond of peanut butter (youâ€™re crazy), some other ingredients you could use are:

- Honey or Agave to taste; start with about 2 tablespoons
- Liquid or powder stevia; I love using Sweet Leafâ€™s Liquid Vanilla Stevia for this
- Chocolate or Vanilla (or another favorite flavor) protein powder; measure the same as the peanut flour and youâ€™ll have a very high protein treat
- If you have a blender, try pureeing fruit to mix in; Iâ€™m thinking banana pureed and mixed into the peanut butter recipe would be happiness in dot form!
- Pumpkin puree with pumpkin spices; yum!

The Texas weather may not make it seem like it, but Spring is coming up fast and this will be a perfect treat to start making and enjoying soon. Too bad Avery is stuck with milk for now. I guess I'll have to make this for Kelley in hopes to pass it through to Avery in milk form. Who knows, it must do *something!*

I hope you are able to enjoy this easy to make, but hard to wait for recipe. Please let me know if you have any questions or comments!

Do you have any favorite recipes to make with kids? *Please share if you do, I want to start thinking of things now for when the time does come!*

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