

# Peanut Butter Bites

- Simple, delicious and filling snack!
- Peanut butter is a good source of plant based fats that are better for your body than animal fats. Easy to swap other nut-butter in place of peanut butter if needed.
- Easy enough for kids to make on their own.
- Try different types of fruit: dried cranberries, cherries, raisins, fresh blueberries or substitute the fruit with chocolate chips or add both!
- Use oats or other whole grain cereal.
- Refrigerate for 3 weeks or freeze for 6 months. If using fresh fruit, they will only last 1 week in the refrigerator and will not freeze well.

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>2 balls</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 1.3mg	0%
Iron 0.918mg	6%
Potassium 0mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Peanut Butter Balls

Servings: 10    Prep Time: 15 minutes    Chill Time: 15 mins



## Ingredients:

- 1 3/4 c plain oats or 2 c cheerios cereal
- 3/4 c peanut butter
- 1/3 c honey or maple syrup
- 1/3 c dried fruit, dark chocolate chips or nuts or even fresh blueberries

### Optional:

- 1 Tablespoon Cocoa powder
- 1/2 teaspoon cinnamon

## Directions:

1. **Add** peanut butter and honey or maple syrup to a microwave safe bowl. **Heat** for 30 seconds. **Mix**. The heat makes it easy to mix together.
2. **Mix** oats or cereal and dried fruit into the peanut butter mixture in batches, **stirring** between each one. **Mix** until everything is coated and there are no dry parts.
3. **If using oats:** Use a 1 Tablespoon measuring spoon to scoop 20 servings of the mix. Roll each scoop in your hands to make a ball.
4. **If using cereal:** Spread the mixture evenly in a 8x8 dish.
5. **Refrigerate** for 30 minutes and serve.