

PEANUT BUTTER ENERGY BALLS



SERVINGS: 25 (2 BALLS PER SVG)

PREP TIME: 5 MIN

INGREDIENTS

- 1 can (15 ounces) Great Northern beans (drained and rinsed)
- 1/3 cup (113g) honey
- 1 tablespoon vanilla
- 1 1/4 cups peanut butter
- 1 1/2 cups quick-cooking oats

DIRECTIONS

- Mash the great northern beans with a fork in a bowl until smooth.
- Add the honey and vanilla. Stir.
- Add peanut butter. Stir until blended.
- Stir in the oatmeal.
- Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 50 balls).
- Store leftover balls in an airtight container in the refrigerator.

Options: Add 1 cup mini chocolate chips, dried fruit, or nuts with oatmeal

Nutrition Facts

25 Servings Per Container

Serving Size: 2 peanut butter balls

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrates 12g **4%**

Dietary Fiber 2g **8%**

Total Sugars 5g

Added Sugars **NA***

Protein 4g

Vitamin D 0mcg **0%**

Calcium 8mg **1%**

Iron 0.6mg **3%**

Potassium 3mg **0%**

* 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.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

Recipe adapted from

spendsmart.extension.iastate.edu/recipe/peanut-butter-balls/



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