

Peanut Butter Oat Balls

Recipe type: Snack

Serves: 10

Prep time: 15 minutes

Cooking time: N/A

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What You Need:

2 C Old Fashioned rolled oats

½ C peanut butter

⅓ C honey

¼ t kosher salt

¼ t cinnamon

3 T mini chocolate chips



What To Do:

1. Mix all ingredients together in a bowl. Freeze for 5 minutes.
2. Roll the dough into 20 small balls, pressing the dough together with your hands.
3. Refrigerate for up to 2 weeks.
4. Enjoy!

Note: If the texture of your nut butter makes the dough very dry, add a little more honey or a few tablespoons of milk of choice until you can press it together into a ball shape.

Contains Peanuts and Tree Nuts

Nutrition Facts	
10 servings per container	
Serving size	2 Oat Balls (45g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 165mg	4%
*The % Daily Value 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.	

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