



## PEANUT BUTTER BALLS

### **MATERIALS:**

Large Bowl  
Measuring cups  
Large spoon to mix

### **INGREDIENTS:**

- 1 3/4 cups quick oats
- 1/4 cup honey
- 3/4 cup peanut butter
- 1/3 cup dried fruit, such as raisins or dried cranberries

Find more recipes online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

## DIRECTIONS:

1. In a medium mixing bowl, stir together all of the ingredients.
2. If the dough is sticky, refrigerate for 2-3 hours or pop them in the freezer for 30 minutes to firm it up.
3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

## Chef's Notes:

- Refrigerate for up to two weeks, great option as grab and go snack.
- Add another type of dried fruit, nuts or seeds. Roll the energy bites in shredded coconut.
- Try it with shredder carrot too!