



heart healthy • low sodium •
kid-friendly

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Recipe by Callie Horn



Peanut Butter Power Balls

INGREDIENTS	INSTRUCTIONS	NUTRITION
• 1 cup peanut butter • 1 1/4 cup old fashioned rolled oats • 1/2 cup regular honey or 1/2 cup sugar-free maple syrup • Optional: 1/4 cup dark chocolate chips, 1 1/2 tablespoons chia seeds, 1/4 cup raisins or other dried fruit	1. Microwave peanut butter for 30 seconds, or until easy to mix 2. Combine oats, peanut butter, honey, and optional ingredients until well mixed—should have a sticky texture 3. Using hands or a spoon, mix the dough into golf ball sized spheres 4. Store frozen, refrigerated, or room temperature in airtight container	Serving Size: 1 (48g) power ball Calories: 206 kcal Protein: 8g Carbohydrates: 24g Fat: 9g

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