

## peanut butter balls

1 cup quick oats  
½ cup peanut butter  
1 teaspoon honey or  
maple syrup  
¼ cup mini  
chocolate chips  
or finely chopped  
craisins or raisins  
(optional)

1. Mix the peanut butter, oats and honey or maple syrup together in a bowl.
2. Stir in mini chocolate chips or finely chopped dried fruit if desired.
3. Roll and squeeze into balls. If the mixture is too dry, add a little more peanut butter. If the mixture is too sticky, add a little more oats.
4. Place in a covered container and store in the refrigerator.



## peanut butter balls

1 cup quick oats  
½ cup peanut butter  
1 teaspoon honey or  
maple syrup  
¼ cup mini  
chocolate chips  
or finely chopped  
craisins or raisins  
(optional)

1. Mix the peanut butter, oats and honey or maple syrup together in a bowl.
2. Stir in mini chocolate chips or finely chopped dried fruit if desired.
3. Roll and squeeze into balls. If the mixture is too dry, add a little more peanut butter. If the mixture is too sticky, add a little more oats.
4. Place in a covered container and store in the refrigerator.

