Peanut Butter Balls

Serves 25 - Serving size 2 balls

Ingredients:

1 can (15 ounces) great northern beans (drained and rinsed)

1/₃ cup honey

1 tablespoon vanilla

11/4 cups peanut butter

1½ cups quick cooking oats



- 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.
- 4. 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).
- 6. Store leftover balls in an airtight container in the refrigerator.

Tips:

- This recipe is not for children under age 1 because it contains honey and peanut butter.
- 3/4 cup of dried beans, cooked is equivalent to One -- 15.5 ounce can of beans.
- · You can use a blender or food processor to mix ingredients before shaping into balls.
- · You can store peanut butter balls in the freezer. Lay them out on a cookie sheet and freeze. Then store in a freezer bag. Thaw for 5 minutes before serving.
- · Make fruit kebabs using a toothpick or kebab stick. Add washed fresh fruit pieces that will not brown such as kiwi slices, grapes, pineapple, strawberries, blueberries, and orange slices.



Nutrition Facts

Servings Per Container 25

	Amount Per Serving						
	Calories 130	(Calories from Fat 6				
			% Dail	ly Value *			
	Total Fat 7g			11%			
	Saturated Fa	it 1g		5%			
,	Trans Fat 0	g		0%			
	Cholesterol 0mg			0%			
	Sodium 100mg			4%			
	Total Carbohydra	te 12a		4%			
	Dietary Fiber			8%			
	Sugars 5g	~9					
-	Protein 4a						
	1 Totell1 4g						
,	Vitamin A 0%		Vitamin C	0%			
,							
	Calcium 0%		Iron	4%			
	*Percent Daily Value:	s are based	d on a 2,000 ca	alorie			
	diet. Your daily values may be higher or lower depen						
	on your calorie need:	s: Calories:	2.000	2.500			
	Total Fat	Less than	-,	80g			
	Saturated Fat	Less than		25g			
	Cholesterol	Less than		300mg			
	Sodium	Less than		2,400mg			
	Total Carbohydrate		300g	375g			
	Dietary Fiber		25g	30g			

Carbohydrate 4

Calories per gram

Source: Spend Smart Eat Smart

http://www.extension.iastate.edu/foodsavings/recipes/peanut-butter-balls

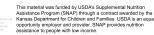
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Protein 4

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Peanut Butter Balls

Serves 25 - Serving size 2 balls

Ingredients:

1 can (15 ounces) great northern beans (drained and rinsed)

1/3 cup honey

1 tablespoon vanilla

11/4 cups peanut butter

1½ 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.
- 4. Stir in the oatmeal.
- 5. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 50 balls).
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Tips:

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V	lut	r	it	io	n	F	a	cts	,
			_						

Serving Size 2 peanut butter balls Servings Per Container 25

Amount Per Serving Calories 130 Calories from Fat 60

	% Daily Value
Total Fat 7g	119
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	49
Total Carbohydrate 12g	49
Dietary Fiber 2g	89
Sugars 5g	
Protein 4g	

Vitamin A	0%	Vitamin C	09
Calcium	0%	Iron	49
*Percent Daily	/ Values are	based on a 2.000 calor	ie

2,500

300ma 2,400mg 375g

80g 25g

30a

ot ot	diet. Your daily values may be higher or low on your calorie needs:				
,,	,	Calories:	2,000		
	Total Fat	Less than	65g		
	Saturated Fat	Less than	20g		
	Cholesterol	Less than	300mg		
	Sodium	Less than	2,400r		
	Total Carbohydrate		300a		

Dietary Fiber Calories per gram: Carbohydrate 4 Protein 4

Source: Spend Smart Eat Smart

http://www.extension.iastate.edu/foodsavings/recipes/peanut-butter-balls





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