

College of Public Health and Human Sciences

Cranberry Oatmeal Balls

Ingredients:

- 1 cup quick-cooking or traditional rolled oats
- 1/3 cup almonds, chopped
- 1/3 cup reduced-fat creamy peanut butter
- 1/4 cup honey (or substitute with maple syrup)
- 1/3 cup dried cranberries

Directions:

In a medium bowl, combine all ingredients until well mixed. Form oat mixture into 18 balls, each about 1 inch wide. Place balls on a cookie sheet. Refrigerate for 30 minutes and enjoy! For storage, put cranberry oatmeal balls in lidded container or large Ziploc bag, place in refrigerator. If desired, keep in freezer up to a month.

Recipe adapted from Food Hero



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Nutrition Facts

6 servings per container
Serving size 3 (58g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 20g	
Includes 11g Added Sugars	22%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 152mg	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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