

Peanut Butter Balls - NO Cook!

8 servings

- ½ cup peanut butter
- 1 tablespoon honey or maple syrup
- ¼ cup cocoa or dry non-fat milk powder
- ¼ cup raisins, coconut, chopped nuts, or cereal (crushed)

1. Mix first three ingredients.
2. Roll into balls.
3. Roll in raisins, coconut, nuts or crushed cereal.
4. Serve, or chill for later!

Nutrition information: calories 106, total fat 8g, saturated fat 2g, sodium 79mg, carbohydrates 6g, dietary fiber 1g, protein 4g.

Healthy Tip

Sunflower butter works well when peanut butter isn't tolerated. Try rolling them in crunchy crushed cereal or soft coconut. Coated with plain cocoa they resemble a fancy chocolate truffle.

