

Cooking for Kids

Recipe Sizing Report

000311 - Peanut Butter Oatmeal Balls :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: Each	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901084 PEANUT BUTTER W/ OMEGA-3,CREAMY..... 019296 HONEY.....	2 3/4 cups + 1 tsp 2 cups + 1 Tbsp	1. Place the peanut butter and honey in a heat-proof container (such as a glass measuring cup) and warm for 15-30 seconds in the microwave.
002050 VANILLA EXTRACT..... 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO... 012006 CHIA SEEDS,DRIED..... 902993 RAISINS, SEEDLESS, NOT PACKED.....	2 Tbsp + 2 3/8 tsp 2 qts + 1/4 cup 8 1/3 ozs 2 cups + 1 Tbsp	2. Add vanilla, oats, chia seeds, and raisins to the peanut butter mixture. 3. Stir thoroughly with a wooden spoon as much as you can, then use your hands to mix the dough together. 4. Use a tablespoon-size measuring spoon to portion and roll into balls. 5. Store in the fridge in an airtight container for up to 2 weeks.

*Nutrients are based upon 1 Portion Size (Each)

Calories	112 kcal	Cholesterol	*0* mg	Sugars	*5.8* g	Calcium	23.57 mg	40.21%	Calories from Total Fat
Total Fat	5.01 g	Sodium	27 mg	Protein	3.32 g	Iron	0.67 mg	6.77%	Calories from Saturated Fat
Saturated Fat	0.84 g	Carbohydrates	14.49 g	Vitamin A	*1.3* IU	Water ¹	*1.60* g	*0.05%*	Calories from Trans Fat
Trans Fat ²	*0.01* g	Dietary Fiber	2.04 g	Vitamin C	*0.1* mg	Ash ¹	*0.37* g	51.65%	Calories from Carbohydrates
								11.85%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.