

Peanut Butter Oatmeal Balls

Ingredients

- 2 tbsp peanut butter
- 2 tbsp honey
- 1/3 tsp vanilla extract
- 1/3 cup quick rolled oats
- 2/3 tbsp chia seeds
- 1 tbsp raisins

Notes

Number of Portions: 4

Serving Size: 1 ball

Nutrition Facts: 112 calories, 5.01 g fat, 0.84 g saturated fat, 27 mg sodium, 14.49 g carbohydrate, 2.04 g fiber, 5.8 g sugar, 3.32 g protein



Directions

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.
2. In a bowl, place vanilla extract, oats, chia seeds, and raisins. Mix in 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.