

FRUITY OAT BALLS

INGREDIENTS

- 1/3 cup chopped **almonds**
- 1/3 cup chopped **dried mango**
- 1 cup **old fashioned rolled oats**
- 1/3 cup **peanut butter**
- 2 tablespoons **honey** (see Notes)

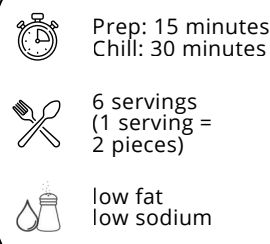
DIRECTIONS

Always practice food safety when cooking.

- 1) Coarsely chop almonds. Set aside.
- 2) Dice mango into 1/4 inch pieces. Set aside.
- 3) In a medium bowl, add peanut butter and honey. Mix.
- 4) Add chopped almonds, chopped mango, and oats. Mix well.
- 5) Form about 2 tablespoons of mixture into a ball and place in a baking pan.
- 6) Repeat with remaining mixture to make 12 balls.
- 7) Cover and refrigerate for 30 minutes.

NOTES

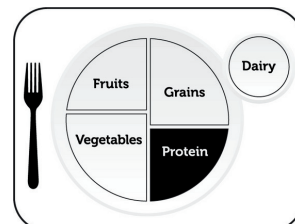
- Honey is not recommended for children under 12 months old.
- To avoid sticky fingers, keep the oat balls cool until ready to eat.
- Read the label on your peanut butter jar to see if storing the Fruity Oat Balls in the refrigerator is necessary.
- Creamy or chunky peanut butter can be used.
- Almond butter, sunflower seed butter, or other nut butters can be used instead of peanut butter.
- Dried papaya, pineapple, raisins, or cranberries could be used instead of dried mango.
- Instead of almonds, other nuts or seeds may be used, such as chopped macadamia nuts, walnuts, sunflower seeds, or pumpkin seeds.
- If desired, roll finished balls in shredded coconut before refrigerating.



Prep: 15 minutes
Chill: 30 minutes

6 servings
(1 serving =
2 pieces)

low fat
low sodium



| Nutrition Facts | |
|-----------------------------|-----|
| 6 servings per container | |
| Serving size 2 pieces (44g) | |
| Amount per serving | |
| Calories 210 | |
| % Daily Value* | |
| Total Fat 11g | 14% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 75mg | 3% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 2g | 7% |
| Total Sugars 11g | |
| Includes 7g Added Sugars | 14% |
| Protein 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 24mg | 2% |
| Iron 1mg | 6% |
| Potassium 196mg | 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.

Adapted from Food Hero