

"World Famous" Peanut Butter Balls

The protein in these peanut butter balls is a great pick-me-up and 2-3 of them can curb those mid-afternoon cravings for something sweet. No worries if you have a child with a peanut allergy—simply substitute almond butter instead.

Makes: 2 – 3 dozen

Ingredients

- 1 cup organic peanut butter (we love Maranatha stir-free peanut butter)
- 2 tablespoons honey
- 1/4 cup rolled oats or whole grain oat cereal (whirl in a blender if you like finer consistency)
- 1/4 cup Ezekiel cereal
- 2-4 tablespoons vanilla or chocolate [protein powder](#)
- 1/4 cup raisins, dates or other dried fruit (optional)
- 1/4 cup sunflower seeds (optional)
- 1/2 cup organic chocolate chips (optional—they really make these peanut butter balls a hit with the kids!)

Directions

1. Mix all ingredients except the protein powder and knead into a ball.
2. Add protein powder until dough is no longer sticky
3. Roll into quarter-sized balls and place in an air-tight container
4. Store your peanut butter balls in the fridge or freezer, depending on how hard you like them.
5. Serve plain or on crackers or apple slices.

