Cranberry Oatmeal Balls

Ingredients
1 cup oats (quick-cooking or old fashioned rolled)
1/3 cup sunflower seeds
1/3 cup peanut butter or sunflower seed butter
3 Tablespoons honey*
1/3 cup dried cranberries

Instructions
1. Wash hands with soap and water.
2. In a medium bowl, combine all ingredients until well mixed.
3. Form about 2 Tablespoons of mixture into a ball and place on a baking sheet. Repeat with remaining mixture to make 16 balls.
4. Refrigerate for 30 minutes and until ready to eat.

*Honey is not recommended for children under 1 year old.

Makes 16 balls
Prep time: 15 minutes
Chill time: 30 minutes

Recipe Math Challenge
If the recipe were to be doubled, how much of each ingredient would you need?

- Oats ________________
- Sunflower seeds ________________
- Peanut butter ________________
- Honey ________________
- Cranberries ________________

Nutrition Facts
8 servings per container
Serving size 2 balls (43g)
Amount per Serving
Calories 180
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 65mg 3%
Total Carbohydrate 24g 8%
Dietary Fiber 3g 11%
Total Sugars 12g
Includes 6g Added Sugars 12%
Protein 6g

Vitamin D 0mcg 0%
Calcium 23mg 2%
Iron 1mg 6%
Potassium 84mg 2%
Vitamin A 0mcg 0%
Vitamin C 0mcg 0%

*The % Daily Value (DV) 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.