

Cranberry Oatmeal Balls

What is your favorite ingredient in this recipe? Why?



Long-Horned Bee and a Sunflower



Pollinators can visit many different flowers, and you can choose many different ingredients to use in this no-bake treat! Think about the hard work of pollinator teams as you enjoy this super flexible treat!

Ingredients

- 1 cup **oats** (quick-cooking or old fashioned rolled)
- 1/3 cup dried **cranberries** or other dried fruit
- 1/3 cup **sunflower seeds** or other seeds or nuts
- 1/3 cup **peanut butter** or sunflower seed butter
- 3 Tablespoons **honey**. (Honey is not recommended for children under 1 year old.)

Instructions

1. Wash hands with soap and water.
2. In a medium bowl, add all ingredients.
3. Stir until well mixed.
4. Form about 2 Tablespoons of mixture into a ball and place on a plate. Repeat with the rest of the mixture.
5. Refrigerate for 30 minutes and until ready to eat.



<https://beav.es/TJq>



Honey bees and bumblebees are top pollinators of Oregon cranberries!

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

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	9%
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 0mg	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.

Recipe Math Challenge

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

- 🌻 Oats _____
- 🌻 Honey _____
- 🌻 Sunflower seeds, peanut butter or cranberries _____

Bonus: If you want to make 208 cranberry oatmeal balls, how much of each ingredient would you need?

