

Cranberry Oatmeal Balls

What is your favorite ingredient in this recipe? Why?



Long-Horned Bee and a Sunflower



Just as many different pollinators can visit a sunflower, 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.



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%
<i>Trans Fat</i> 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?

