



Long-Horned Bee and
a Sunflower

Cranberry Oatmeal Balls



Enjoy this no-bake treat, and think about the hard work of the long-horned bees of Oregon!

Ingredients:

- 1 cup oats (quick-cooking or old fashioned rolled)
- 1/3 cup sunflower seeds
- 1/3 cup peanut butter
- 3 Tablespoons honey (see Notes)
- 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 mixture into 18 balls about 1-inch wide.
4. Place balls on a baking sheet. Refrigerate for 30 minutes.

Notes:

- Honey is not recommended for children under 1 year old.
- To avoid sticky fingers, keep the oatmeal balls cool until ready to eat.
- Use sunflower seed butter or other nut butters instead of peanut butter.



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.



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