



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** 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.

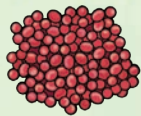


Makes 16 balls
 Prep time: 15 minutes
 Chill time: 30 minutes

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 _____
- ☼ Sunflower seeds _____
- ☼ Peanut butter _____
- ☼ Honey _____
- ☼ Cranberries _____