



## PROTEIN-PACKED PEANUT BUTTER BALLS

 20 portions

### INGREDIENTS

- 16 tbsps of peanut butter, (256 g)
- 1/4 cup of sweetener, syrup, agave (55 g)
- 1/3 cups of beverages, almond milk, unsweetened, shelf stable (86 g)
- 1.5 cups rice krispies
- 2.5 cups dry quick oats

### COOKING METHOD

<sup>10</sup> Description: Equipment: Mixing Bowl Instructions: 1. Mix first 4 ingredients thoroughly in a mixing bowl then add oats and Rice Krispies. Portion out peanut butter balls with an ice cream scoop. Place in freezer bag and place in freezer. Makes 20 servings

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (31 g)	% DRI
ENERGY	408 kcal	126 kcal	6 %
FAT	23 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	4 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	96 mg	30 mg	1 %
CARBOHYDRATE	41 g	13 g	4 %
SUGARS	10 g	3 g	—
FIBER	6 g	2 g	7 %
PROTEIN	15 g	5 g	—