


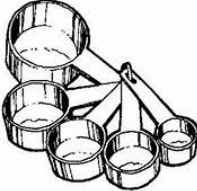



Peanut Butter & Jelly Balls

Makes 10 Servings; 1 ball per serving

Nutrients Per Serving:





210 Calories | 12g Fat (2.5g Saturated) | 23g Carbohydrates | 4g Added Sugar | 6g Protein | 110 mg Sodium | 0g Fiber

Equipment Needed

 <p>Mixing bowl & spoon</p>	 <p>Measuring cups</p>	 <p>Small cookie sheet with parchment paper or wax paper</p>	 <p>Disposable gloves (Optional)</p>
 <p>Container for PB&J Balls</p>			

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1 cup peanut butter or other nut butter</p>	 <p>1/2 cup fruit jam</p>	 <p>1/4 cup honey</p>	 <p>1 cup oatmeal</p>
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Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



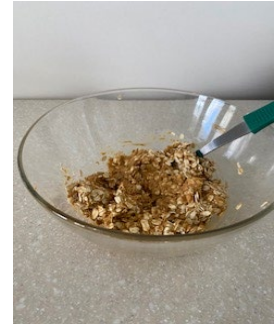
Place 10 dollops of jam that are 1 teaspoon each on a plate or tray. Put in the freezer to set.

3



In a mixing bowl add 1 cup oatmeal, 1 cup peanut butter, and 1/4 cup honey.

4



Stir until well combined.

5



Make a small pancake from oatmeal/peanut butter mixture, place a chilled dollop of jam in the middle, then fold the sides up to form a ball.

6



Place balls in a container and store in the refrigerator.



Enjoy!!