

PROTEIN PEANUT BUTTER BALLS

Posted on Sep 26, 2012 ~ Revisited January 2022



In a large bowl, blend together:

- 1 C Peanut Butter & 1 C Honey or 3/4 C Agave

Then add a total of 4 C of any of the following ingredients ~

- Sunflower seeds
- Peanuts
- Chocolate chips
- Granola
- Oatmeal
- Raisins
- Cranberries
- Flax meal
- Other Nuts or fruit

Mix well and form into balls. Keep in frig. Enjoy as energy bars, travel food. Stash some in the freezer for future soccer games, etc.

An Alaska Missionary wife, Emily Hulett, while staying with us, showed us how to make this delicious treat– great for traveling, hiking, etc