

# Healthy Peanut Butter Balls

## Items needed for recipe:

- Mixing bowl
- Plate
- Flexible spatula for stirring
- Tablespoon or cookie scoop to portion out treat balls
- container with tight fitting lid for storing finished treats in refrigerator
- 2/3 cup creamy peanut butter
- 1/2 cup dried cranberries or semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup of unsweetened coconut flakes(if you don't have coconut try using 1/2 cup pumpkin seeds, ground flax or old-fashioned oats)
- 2 TBS honey, maple syrup, or agave
- 1/2 teaspoon kosher salt (1/4 teaspoon if using table salt)

## Instructions:

1. Combine all ingredients in a bowl and stir with a spatula or a sturdy spoon
2. Refrigerate 20 minutes
3. Make rounded tablespoonfuls and place on a plate
4. With moistened hands, roll each of the mounds that you made into a ball and place into a container and cover.
5. Refrigerate. Will be good for up to 1 week in refrigerator
6. Balls can be frozen for up to 3 months. Defrost in refrigerator before serving!
7. Enjoy!

Makes 12 - 15 balls