

# Peanut Butter Balls

Serves 25 - Serving size 2 balls

## Ingredients:

- 1 can (15 ounces) great northern beans (drained and rinsed)
- 1/3 cup honey
- 1 tablespoon vanilla
- 1 1/4 cups peanut butter
- 1 1/2 cups quick cooking oats



## Directions:

1. Mash the great northern beans with a fork in a bowl until smooth.
2. Add the honey and vanilla. Stir.
3. Add peanut butter. Stir until blended.
4. Stir in the oatmeal.
5. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 50 balls).
6. Store leftover balls in an airtight container in the refrigerator.

## Tips:

- This recipe is not for children under age 1 because it contains honey and peanut butter.
- 3/4 cup of dried beans, cooked is equivalent to One -- 15.5 ounce can of beans.
- You can use a blender or food processor to mix ingredients before shaping into balls.
- You can store peanut butter balls in the freezer. Lay them out on a cookie sheet and freeze. Then store in a freezer bag. Thaw for 5 minutes before serving.
- Make fruit kebabs using a toothpick or kebab stick. Add washed fresh fruit pieces that will not brown such as kiwi slices, grapes, pineapple, strawberries, blueberries, and orange slices.

Nutrition Facts	
Serving Size 2 peanut butter balls	
Servings Per Container 25	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value *	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Source: Spend Smart Eat Smart  
<http://www.extension.iastate.edu/foodsavings/recipes/peanut-butter-balls>

# Peanut Butter Balls

Serves 25 - Serving size 2 balls

## Ingredients:

- 1 can (15 ounces) great northern beans (drained and rinsed)
- 1/3 cup honey
- 1 tablespoon vanilla
- 1 1/4 cups peanut butter
- 1 1/2 cups quick cooking oats



## Directions:

1. Mash the great northern beans with a fork in a bowl until smooth.
2. Add the honey and vanilla. Stir.
3. Add peanut butter. Stir until blended.
4. Stir in the oatmeal.
5. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 50 balls).
6. Store leftover balls in an airtight container in the refrigerator.

## Tips:

- This recipe is not for children under age 1 because it contains honey and peanut butter.
- 3/4 cup of dried beans, cooked is equivalent to One -- 15.5 ounce can of beans.
- You can use a blender or food processor to mix ingredients before shaping into balls.
- You can store peanut butter balls in the freezer. Lay them out on a cookie sheet and freeze. Then store in a freezer bag. Thaw for 5 minutes before serving.
- Make fruit kebabs using a toothpick or kebab stick. Add washed fresh fruit pieces that will not brown such as kiwi slices, grapes, pineapple, strawberries, blueberries, and orange slices.

Nutrition Facts	
Serving Size 2 peanut butter balls	
Servings Per Container 25	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value *	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Source: Spend Smart Eat Smart  
<http://www.extension.iastate.edu/foodsavings/recipes/peanut-butter-balls>



Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
 K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.  
 It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
 K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.  
 It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.