

# Apple Oat Balls

**YIELD:** 20 servings

**SERVING SIZE:** 1 ball

**PREPARATION TIME:** 30 minutes

## INGREDIENTS (WHAT'S IN IT):

2 1/2 cups old-fashioned rolled oats  
1/2 carrot, shredded (using small holes on the grater)  
1/8 cup sunflower seeds  
1 1/2 teaspoons sugar  
1 1/2 teaspoons brown sugar  
1/8 teaspoon ground cinnamon  
1 1/2 Tablespoons raisins, chopped  
1 1/2 Tablespoons dried cranberries, chopped  
1 apple, shredded or chopped into very small pieces  
Juice of 1/2 lemon  
1/3 cup water  
1/3 cup JIF natural creamy peanut butter



## DIRECTIONS (HOW TO MAKE IT):

1. In a large bowl, stir together the oats, carrot, sunflower seeds, sugar, brown sugar, cinnamon, chopped raisins, and chopped dried cranberries.
2. Cut the apple in half and remove the cores. Shred or chop the apple into very small pieces and place in a small bowl. Add the lemon juice and toss to coat the apples. Add the apples to the oats and stir to combine.
3. Add 1/3 cup water and stir to wet the ingredients
4. Add 1/3 cup peanut butter and stir to thoroughly combine.
5. Using damp, gloved hands, form the mixture into 1 rounded Tablespoon balls.
6. Store Apple Oat Balls in an airtight container in the refrigerator.

## NUTRITION FACTS (WHY IT'S GOOD FOR YOU):

108 Calories; 3g Fat; 18g carbohydrates; 2g Fiber; 3g Protein; 4% Iron; 9% Vitamin A; 24 mg Sodium

