

No Bake Oatmeal Peanut Butter Energy Balls



Ingredients:

- flavored oatmeal packet
- peanut butter, creamy or crunchy
- seeds, optional
- dried fruit, optional

Directions:

1. Add one packet of dry oat meal to a bowl
2. Starting with one tablespoon of peanut butter begin to mix with a fork, then form into a ball until evenly combined. This makes for a fun activity involving children
3. Roll the ball in seeds and/or fruit if desired.

Makes 1 serving.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>