

Cranberry Oatmeal Balls

This yummy breakfast or snack is full of nutrients and fiber to keep you full until your next meal!

Makes: 6 Servings (18 balls)
 Prep Time: 15 minutes
 Chill Time: 30 minutes

Source:
foodhero.org, [recipes/cranberry oatmeal balls](http://recipes/cranberry-oatmeal-balls)

Ingredients

- 1 cup oats (quick-cooking or old fashioned/rolled)
- 1/3 cup chopped almonds (optional)
- 1/3 cup peanut butter or other nut butter
- 1/4 cup honey
- 1/3 cup dried cranberries

Directions

1. In a medium bowl, combine all ingredients until well mixed.
2. Form mixture into 18 balls about 1-inch wide.
3. Place balls on a baking sheet. Refrigerate for 30 minutes.

Utensils Needed

- Mixing Bowl/Spoon
- Measuring cups
- Baking sheet



Small Changes,
 BIG Difference!

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 or visit snapedny.org



Nutrition Information

Serving Size: 3 Balls	
Nutrients	Amount
Calories:	260
Total Fat:	10.g
Saturated Fat:	1.5.g
Cholesterol:	0.mg
Sodium:	90.mg
Total Carbohydrates:	35.g
Dietary Fiber:	4.g
Total Sugars:	18.g
Added Sugars:	15.g
Protein	8.g

SHOPPING LIST

Average total cost without oil and seasonings: \$14.55

Average cost/serving: \$2.43

Recipe makes: 18 balls, 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Old fashioned/Quick oats (42 oz)



Add 1 to Cart:
Dried Cranberries (12 oz)



Add 1 to Cart
Whole Almonds (14 oz)



Add 1 to Cart
Creamy Peanut Butter (18 oz)



Add 1 to Cart
Honey (12 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Honey is not recommended for children under 1 year old.
- To avoid sticky fingers, keep the oatmeal balls cool until ready to eat.
- Use sunflower seed or other nut butters instead of peanut butter.
- Buy whole almonds and chop them yourself to save money!

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Overnight Oats
 - Oatmeal Zucchini Muffins
 - Tasty Trail Mix
 - Apple Cranberry Salad Toss