



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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Recipe of the Month—July 2015

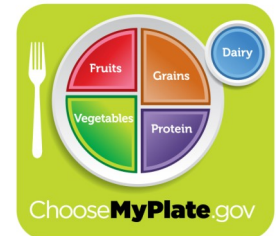
Peanut Butter Balls

Serves 25

Serving Size: 2 peanut butter 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



Make MyPlate Your Plate

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.

NUTRITION FACTS PER SERVING: 140 calories, 8 g total fat (1.5 g sat. fat), 0 mg cholesterol, 110 mg sodium, 14 g carbohydrates, 3 g fiber, 5 g sugar, 6 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar*