



NUTRITIONAL WEIGHT & WELLNESS, Inc.
educating and counseling people to better health

Peanut Butter Balls

1 cup real peanut butter
2 tbsp honey
¼ cup rolled oats or whole grain oat cereal; whirl in blender if you like finer consistency
¼ cup vanilla or chocolate Wellness Whey Protein Powder (may need a little more if you are rolling into balls)

¼ cup raisins (optional)
¼ cup sunflower seeds (optional)
¼ cup carob chips (optional)

Mix all ingredients together and knead into a ball. Add protein powder until dough is no longer sticky. Roll into quarter sized balls and place in container. Store in refrigerator or freezer depending on how “hard” you like them. Serve plain or on apples, banana, or celery.

To make Gluten and Dairy Free: omit the oats and replace whey protein powder with Jay Robb Egg White Protein Powder.

2 Peanut Butter Balls make a perfect balanced snack. Enjoy. 😊

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