

## Ingrediënten

**Prep Time:** 5 minutes **Total Time:** 5 minutes

**Servings:** 12

- 3/4 cup old fashioned oats , plus more as needed
- 1/3 cup creamy peanut butter
- 2 Tablespoons honey , plus more to taste



## Recept

- 1 In a food processor or blender, pulse oats until broken. You don't want to turn it into oat flour, but broken enough that there is some powder. This will help bind the balls.
- 2 Stir in the oats, peanut butter, honey, and any desired mix-in's in the food processor or a bowl until combined.
- 3 Using a small cookie scoop or Tablespoon, scoop the dough onto a plate or baking sheet. Roll into 1-inch balls, wetting hands if needed. Eat right away or store in an airtight container in the refrigerator.

## Notes

**Optional Mix-in's:** Occasionally I like to add a splash of vanilla, pinch of salt, and pinch of cinnamon. A handful of mini chocolate chips are also a great addition. You can also sub maple syrup in place of honey to make vegan.

**Note:** If you add extra ingredients and the mixture feels too dry, add a little more peanut butter and honey. If it feels too sticky, add a Tablespoon or two more of oats.

**Storage:** Store in a airtight container in the refrigerator for up to 3 weeks or in the freezer for up to 3 months.

## Bron



welcome!

I'm Jamielyn Nye, cookbook author, mom of 4 and a big fan of naptime and chocolate. I Heart Naptime is a food and lifestyle blog sharing easy recipes and tips, to help families create unforgettable moments.



<https://www.facebook.com/BalancingMotherhood/posts/pfbid033V6wy79SV7R7fZBrQbbYK1981A68GJC82RXmXbofq9WLFTEqsPxjMRkg8eudHVAI>  
<https://www.iheartnaptime.net/peanut-butter-oatmeal-balls/>

## Info Martine Lycke

01/12/2022

Ingrediënten verdubbeld want leek zo heel weinig:

140 g havervlokken (3/4 cup x2)

160 g pindakaas met chocolade (farmaline) (1/3 cup x2)

4 el honing

Havervlokken in mixer tot fijn poeder mixen

+ pindakaas + honing mengen

Balletjes van maken en klaar, in ijskast bewaren

## Fotos

