

Peanut Butter Power Balls

These power balls are easy to make and easy to eat. They are a great way to get some extra protein and calories, in just a few bites.



Ingredients:

¾ cup	Peanut butter	175 mL
¼ cup	Honey	60 mL
¾ cup	Protein powder (chocolate or vanilla)	175 mL
1 cup	Rice crisp cereal	250 mL

Directions:

1. Combine all ingredients in a medium bowl. Mix well.
2. Roll dough into 1 inch balls.

Makes 10 servings (3 balls/ 37 g)

Nutrition Facts	
Per 1/10 of recipe (3 balls/ 37 g)	
Amount	% Daily Value
Calories 170	
Fat 10 g	15 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 0 mg	
Sodium 130 mg	5 %
Carbohydrate 13 g	4 %
Fibre 1 g	4 %
Sugars 9 g	
Protein 10 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	6 %