



February 3- Cinnamon Raisin Almond Balls

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1093441>

Recipe

Ingredients:

- 1 cup almonds
- 1 cup raisins
- 1 teaspoon cinnamon

Directions:

1. Rinse the raisins and almonds with water.
2. Toss them in the food process with the cinnamon. When sufficiently mixed, form into balls or bar shapes.

Yield 6 servings

Nutrition Facts

Serving Size 1 ball (42.6g)

Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **13%**

Sugars 15g

Protein 5g **9%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.