



## July 15- Trail Mix Balls

Not Smart Snack

Link: <http://www.food.com/recipe/trail-mix-balls-482667>

### Recipe

#### Ingredients:

- 1/3 cup honey
- 2 tablespoons water
- 1/3 cup peanut butter
- 1/2 teaspoon vanilla
- 3/4 cup crisp rice cereal
- 3/4 cup rolled oats, toasted\*
- 1/3 cup dried fruit
- 1/4 cup sunflower seed kernels
- 1/4 cup unsweetened large flake coconut
- 1 tablespoon sesame seeds

#### Directions:

1. Wash hands with warm, soapy water.
2. In a small saucepan, combine honey and the water; cook and stir over low heat until the honey liquefies. Remove from heat. Add peanut butter and vanilla, whisking until peanut butter is melted and mixture is smooth.
3. Meanwhile, in a large bowl, combine rice cereal, toasted rolled oats, dried fruit, sunflower seed kernels, peanuts, coconut, and sesame seeds. Pour honey mixture over cereal mixture; stir to coat. Cover and chill for 1 to 2 hours or just until firm.

Yield 15 servings

### Nutrition Facts

Serving Size 2 balls (27.81g)  
Servings Per Container 15

#### Amount Per Serving

**Calories** 110      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **7%**

Saturated Fat 1g      **6%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 1g      **6%**

Sugars 9g

**Protein** 3g      **5%**

Vitamin A 2%      •      Vitamin C 0%

Calcium 0%      •      Iron 6%

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