



Peanut Butter/ or Almond Butter Balls

Almond Butter balls are one of my favorite treats to fix for the holidays. Easy to make, these taste great and have healthy ingredients. I make mine with Almond butter, but you can also make them with Peanut Butter, which is less expensive.

Ingredients:

½ cup peanut – or Almond butter

½ cup finely chopped pitted Medjool dates: about 5 or 6 dates

¼ cup old fashioned rolled oats

Optional - Fine shredded coconut for rolling the nut balls in.

Optional additions – 1 tablespoons of dried fruit cranberries, raisins, and sunflower seeds. I like using currants, (a very small raisin).

Directions:

1. Notation — I chop my dates in a food processor. Prior to mixing them.
2. In a bowl, stir together the peanut butter or almond butter and chopped dates until well-mixed. Fold in the oats and mix until fully incorporated.
3. Using a mini ice cream scoop or small spoon, scoop out spoonfuls of the mixture and roll into balls using your palms. Place on a plate with plastic wrap so they do not stick.
4. Put the balls in the refrigerator for about ½ hr to make them firm.
5. You can put these in a paper candy cup for presentation.

<http://www.healthyfoodforliving.com/peanut-butter-date-oat-bites/>

I have made a few changes in the original recipe. This is similar to one I have used in the past. Great for a party dish or the holidays.



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