



Easy and Fun Peanut Butter Balls

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 0.5 cup honey
- ☐ 1 cup milk powder dry
- ☐ 1 cup peanut butter

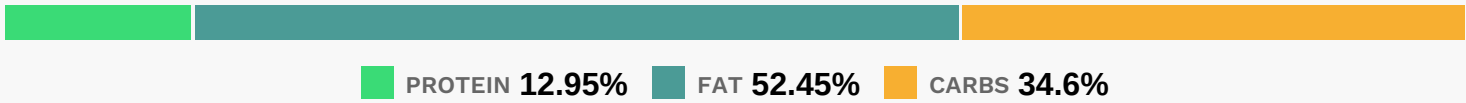
Equipment

Directions

- ☐ Blend all ingredients together (preferably with hands).

Roll into balls the size of large marbles and refrigerate. Optional: roll balls in powdered cocoa or roll balls info flaked coconut or dip into chocolate fondue. Eat and enjoy!

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:4.22, Inflammation Score:-1, Nutrition Score:3.4917391337778%

Nutrients (% of daily need)

Calories: 112.1kcal (5.61%), Fat: 6.92g (10.64%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.73g (3.54%), Sugar: 8.98g (9.97%), Cholesterol: 5.17mg (1.72%), Sodium: 66.19mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Manganese: 0.17mg (8.27%), Phosphorus: 78.11mg (7.81%), Vitamin B3: 1.47mg (7.36%), Vitamin E: 1.01mg (6.74%), Magnesium: 22.84mg (5.71%), Calcium: 54.33mg (5.43%), Vitamin B2: 0.09mg (5.13%), Potassium: 135.24mg (3.86%), Vitamin D: 0.56µg (3.73%), Vitamin B6: 0.07mg (3.28%), Zinc: 0.47mg (3.11%), Vitamin B12: 0.17µg (2.89%), Folate: 11.36µg (2.84%), Copper: 0.05mg (2.6%), Vitamin B5: 0.24mg (2.4%), Fiber: 0.53g (2.12%), Vitamin B1: 0.03mg (2%), Selenium: 1.37µg (1.95%), Iron: 0.24mg (1.34%)