

Almond Butter Granola Balls

Ingredients

Preparation time: 20 minutes

Servings: 26 balls

Cost: \$

1 cup Jif® Creamy Almond Butter

½ cup brown sugar

½ cup honey

½ cup Hershey's Semi-Sweet Chocolate Baking Chips

1 serving whey protein powder (approx. 26 g protein)

½ cup almonds

1 cup dried cranberries

1 cup old fashioned oats

1 ½ cups Kellogg's® Rice Krispies® cereal

Directions

- 1) Microwave almond butter, brown sugar, and honey for 1-1 ½ minutes in a large bowl, then stir until the sugar dissolves.
- 2) Add chocolate chips and protein powder and stir until melted and well-mixed.
- 3) Add remaining dry ingredients and stir until everything is well-combined.
- 4) Form into approx. 2 Tbsp size balls (can use scooper from protein powder) and lay out on a baking tray to cool.
- 5) Store in an airtight container and enjoy!



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = >

Almond Butter Granola Balls

Amount	1 ball
Calories	164
Fat (g)	8
Sat. Fat (g)	2
Carb. (g)	22
Fiber (g)	2
Protein (g)	4

Allergen info: Gluten Free

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Cooking Tip

The ingredients in this recipe can be substituted to include other types of nut butter, nuts, dried fruit, and cereal. The wet ingredients (nut butter, honey, brown sugar, and chocolate chips) form the base of the recipe and you can swap out the dry ingredients for others in the same proportions to create a new granola ball flavor. If the mixture seems dry and doesn't stick together well, mix in a little bit of nut butter and agave nectar or honey until the consistency improves.

Performance Facts

These balls make for a great high energy snack in between training sessions if there is limited time for a full meal. Almonds are a fantastic source of vitamin E, a powerful antioxidant. Vitamin E helps to combat free radical oxidation which may be increased due to high volume training.