

Ashley's Sunbutter Energy Balls

NO-BAKE

INGREDIENTS

- 5 cups rolled oats
- 2 cups dried cranberries (or any dried fruit)
- 2 cups creamy sunbutter
- 1 cup maple syrup or honey
- 1 tsp cinnamon
- ½ tsp salt

INSTRUCTIONS

1. In a small saucepan, heat the sweetener and sunbutter, stirring frequently until melted and smooth.
2. In a large mixing bowl, stir together the oats, dried fruit, cinnamon, and salt.
3. Pour the sunbutter mixture over the dry ingredients and mix. (Hands work best!)
4. Roll into balls (about 1 tablespoon of dough per ball).
5. Refrigerate for at least 30 minutes until firm.
6. Keep in the fridge in an airtight container for up to a week, or freeze for longer storage.

Source: *Feasting on Fruit*

Meet Sunflower Farmer Ashley

Ashley Heng is a sunflower farmer in northwestern Minnesota. She and her family also raise cattle, chickens, and pigs, and grow corn, beans, hay, and wheat. Ashley has an extensive garden and enjoys working out.

Sunbutter is made from sunflower oil and can be an allergy-free alternative to popular nut butters. It is packed with protein, vitamin E, and magnesium. Minnesota ranks in the top five states for sunflower production.

For more recipes, visit fbmn.org/Land-Life-Magazine/Recipes.

FUN FACT:
Sunflower oil has antioxidants that protect your body from cell damage.

