

Wellness Tips Recipe Card

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No Bake Cookies – Granola Balls

Enlist the help of your children for this recipe. They can easily mix and assemble the cookies and enjoy eating them as they work.

2 cups old-fashioned rolled oats
1/3 cup creamy peanut butter
1/4 cup honey
1/4 cup packed brown sugar
1/2 cup trail mix (raisins, nuts) or 1/4 cup raisins and 1/4 cup chopped walnuts
Optional: may add coconut, dried cranberries, dried blueberries

Preheat the oven to 350. Spread the oats on a cookie sheet. Place in the oven and toast for 10 minutes, stirring occasionally, until lightly browned. Cool and place in a medium mixing bowl.



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These make a nutritious snack or may even be eaten for breakfast. Consider eating one granola ball with a container of non-fat organic yogurt to receive nutrients from the dairy, grain, fruit, and healthy fat food groups.



Meanwhile, combine the peanut butter, honey and brown sugar in a small saucepan over low-medium heat. Cook until the brown sugar has completely dissolved, stirring continuously in order to prevent scorching.

Pour the peanut butter mixture over the oats and stir to combine. Set aside to cool about 10 minutes. Dampen mixture with a little water if it needs more moisture to hold ingredients together.

Working with dampened hands, shape into small balls, and place on a cooking sheet. Refrigerate for at least an hour before serving.



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