

Riverview Wellness Center

Recipe

Client Name: Tammy Carter-Kinney

Recipe for: Almond Butter Balls

Ingredients: 1 stick butter, room temperature
1 cup crunchy almond butter
1 tsp pure vanilla
¼ cup honey
10 packets Stevia sweetener (.035 oz. each)
6 rounded handfuls Quaker Quick Oats
1¼ cups Nature's Path Organic Rice Puffs cereal,
pounded into crumbs
¾ cup natural unsweetened coconut

Preparation: Cream butter and almond butter together. Blend in vanilla, honey, Stevia, oats and crushed rice cereal. Roll thick dough into 24 one inch balls. Roll balls in coconut in shallow bowl. Store in container in refrigerator. Makes 2 dozen balls.