

Peanut Butter Balls

1 can (15oz.) great northern beans, no salt added, drained and rinsed
1/3 cup honey (or maple syrup)
1 Tablespoon vanilla (optional)
1 1/4 cups peanut butter
1 1/2 cups quick cooking oats

1. In a mixing bowl, mash the beans with a fork until smooth.
2. Add the honey, vanilla, and peanut butter. Stir until fully combined and smooth.
3. Stir in the oats.
4. With clean hands, scoop a tablespoon sized ball of mixture and shape into balls (makes about 50).
5. Store in an airtight container in the refrigerator.

Other option: garbanzo beans instead of great northern beans

Avocado Chocolate Pudding

2 ripe avocados, sliced, pureed
1/2 cup chocolate chips, melted
1/3 cup low fat milk
2 tablespoons cocoa powder, unsweetened
1 tablespoon vanilla extract

1. Peel and slice the avocados.
2. Puree them in a food processor or a blender till smooth.
3. Add melted chocolate chips, milk, cocoa powder, and vanilla to the blender.
4. Blend until smooth.

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