

Peanut Butter Protein Balls

2 cups natural peanut butter

2/3 cup soy/whey protein powder

¼ cup honey

Mix together with a fork and press into a cake pan and freeze. When firm, cut into serving sizes.

Raisins, nuts, granola, coconut, etc. may be added.

May form into balls also after mixing with fork.

Children love to help. Store in freezer or refrigerator to keep firm.