

Recipe No. 02/2014

Peanut Butter Balls

2014 brings an exciting year ahead with Elections in South Africa but more importantly, the launch of our South African Thermomix Book. This is a sneak preview of one of the many delicious recipes featured in the book. Apart from a wonderful selection of traditional South African recipes, we are sharing one from our kiddies section. With back-to school on the horizon, lunch boxes are an integral part of your planning. These peanut butter balls are healthy, filling, easy to make and jam-packed with protein.

Makes: 36 balls

Preparation time: 15 minutes

Ingredients

60g oats
20g bran
120g milk powder
250g peanut butter, smooth or crunchy
110g honey

Method

- Place oats and bran into TM bowl. Mill **20 sec/speed 8**.
- Add remaining ingredients.
- Mix **10 sec/speed 5**.
- Roll into balls about 2cm in diameter.
- Refrigerate overnight.

Mum's tips

- Add 50 g of mixed seeds to the mixture. If not sticky enough to hold in shape, add a little more honey.
- Roll balls into fine desiccated coconut or finely chopped peanuts to coat.
- For a special treat, roll in either milled or melted chocolate or carob.



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