



SPAR 

**BETTER CHOICES**  
Eat well, Live better

**SERVINGS: 18-20 BALLS**

**PREPARATION TIME:** 10 minutes

**SETTING TIME:** 30 minutes (no baking)

**INGREDIENTS:**

- 120g rolled oats
- 30g vanilla whey protein powder
- 1/2 teaspoon cinnamon
- 2 tablespoons sunflower seeds
- 125ml soft, smooth peanut butter
- 3 tablespoons honey
- 1 teaspoon vanilla essence
- 60g raisins
- 2-4 tablespoons water

**METHOD:**

1. In a large bowl, combine the oats, protein powder, cinnamon and sunflower seeds to a large bowl.
2. Add in peanut butter, honey and vanilla and mix.
3. Once mixed, add the raisins. The mixture should be sticky but still crumbly.
4. Slowly add in a little of the water using your hands so that it forms a large ball which holds it's shape. Slowly add a little more water if the mixture is too dry.
5. Separate the mixture and roll into bite-size balls.
6. Place in a container to set in the fridge for at least 30 minutes.
7. Keep them stored in the fridge and pop into a small container to transport with you.

Serving Size: 2 Balls

**ENJOY!**

**TIP!**

Perfect snack for  
after exercise or sport!