

First, check off the items you already have at home.





DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

You may substitute sunflower seed butter or peanut butter for the soy nut butter.



STEP 1: Combine all the ingredients, except the coconut, in the bowl of a standing mixer fitted with the paddle attachment. Mix on low speed until combined, about 3 minutes. Using 2 tablespoons at a time, roll the mixture into balls.



STEP 2: Spread the coconut in a shallow baking dish or pie plate. Roll each ball in the coconut to coat. Store the power balls between layers of parchment or wax paper in an airtight container in the refrigerator for up to 2 weeks, or freeze for up to a month.

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Total Carbohydrate
Dietary Fiber 2g

Cholesterol 0mg

odium 30mg

Vitamin A 0%		Vitamin C 0%	€ 0%
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower	alues are b alues may	ased on a 2, be higher or	000 calorie lower
depending on your calorie needs:	ur calorie n	eeds:	
SECTION OF SECTION SEC	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	259
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	ate	3009	375g
Dietary Fiber		25g	30g
Calories per gram:	n:		2
Est Q .	arhohodra.	Eat 9 . Carbohydrate 4 . Protein 4	Pin 4



Facts