

Herbal Legacy Recipes

Peanut Butter Balls

from Ann Wigmore's Recipes for Longer Life

INGREDIENTS:

- ½ cup raw peanut butter
- ½ cup raw honey
- ½ sunflower seed meal*
- ½ cup raisins chopped

DIRECTIONS:

Mix all together; form into little balls. Makes about two dozen little goodies.

*To make sunflower seed meal, blend sunflower seeds in blender.

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