

# Sunbutter Balls

## Ingredients:

- ½ cup sunflower butter (or nut butter)
- ½ cup honey
- ¾ cup non-fat dry milk
- ½ cup rice cereal
- Raisins (optional)

**Directions:** Stir ingredients together & roll into balls.



**Pump it Up:** Lunge from room to room of your house. As you step one foot way in front, try to touch your back knee to the floor as you bend the front knee. Then bring your feet together again and repeat with the opposite foot.



**Food for Thought:** These sunflower balls are packed with energy so you only need a small amount (about one ball) to keep your energy levels up!

Tasty Thoughts: \_\_\_\_\_  
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