## Peanut Butter Drop Balls

## **Ingredients:**

- $\cdot 3/4$  oz of oats (about 1/4 cup)
- •6 packets of no calorie sweetener
- •2 tablespoons of peanut butter
- •1 teaspoon of cocoa powder
- •2+ teaspoons of hot water



## **Directions**:

- 1. Mix all ingredients together in a bowl (if mixture isn't mixing all together add another teaspoon of water).
- 2. The mixture should form kind of a ball shape put it on wax paper and form into a rectangle. Put in the freezer for it to harden then enjoy!

\*makes 1 serving



DSU EXTENSION 4-H YOUTH DEVELOPMENT