



Cookie Dough Eyeballs

Ingredients:

- 1 cup oats
- 1 ½ teaspoons cinnamon
- ¼ cup peanut butter
- ¼ cup canned pumpkin
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- ¼ cup dark chocolate chips
- 1 package candy eyeballs

Instructions:

1. Combine all ingredients besides chocolate chips in a medium-size mixing bowl and knead dough with hands.
2. Fold in chocolate chips.
3. Roll dough into 1 inch, bite-sized balls. Add candy eyeballs.
4. Chill in fridge.

Variations:

- Add raw pumpkin seeds and raisins for added protein and fiber.
- Add 2 tablespoons chia seeds for added omega-3 benefits.

*Although oats are naturally gluten free, they can become cross-contaminated. If you prefer to avoid gluten, assure that the oats you use are labeled gluten free.

Prep Time: 5 minutes

Cooking Time: 10 minutes

Equipment:

Medium mixing bowl
Measuring cups and spoons
Metal spoon

Servings: 3 servings

Serving Size: about 3 balls



Nutrition Facts: 350 Calories, 19 g Fat, 6 g Saturated Fat, 43 g Carbohydrates, 10 g Protein, 7 g Fiber, 19 g Sugar, 100 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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