



INGREDIENTS

¾	cup	flesh from one large potahto, cooked
3	Tbsp	natural peanut butter
1	tsp	vanilla extract
¼	cup	maple syrup
1	cup	rolled oats
1	Tbsp	flaxseeds
1	tsp	ground cinnamon
1	Tbsp	unsalted pumpkin seeds
½	cup	dried cherries

DIRECTIONS

In a large bowl, mash together the potahto, peanut butter, vanilla and maple syrup. Set aside. In a separate bowl, mix oats, flax seeds, cinnamon, pumpkin seeds and dried cherries. Combine with the potahto mixture. Roll into 12 balls and store in fridge or freezer for up to two weeks. Enjoy!



The Potahto Lovers of Manitoba are passionate potahto advocates brought together for a common and delicious cause: to educate the public on the many health benefits of potahtoes.