

AUNT JUDY'S OATMEAL BALLS

Ingredients

12 tablespoons Butter or alternative, coconut oil, non-dairy butter
1 Cup Sugar
1 ½ Cups Grated & peeled raw apple (any varietal) (packed down) (about 4 apples)
¾ teaspoon Salt
4 ½ Cups Quick-cooking rolled oats
1 ½ teaspoon Vanilla

No baking necessary – stove-top cooking. GREAT FUN FOR KIDS

Melt butter in large, broad-bottom saucepan. Add sugar, apple, and salt. Boil for 1 minute. Remove from heat. Add oatmeal and vanilla. Mix thoroughly and drop the mound onto a sheet pan or something similar. When coolish (approx. 10-15 minutes), roll into small balls. Eat immediately!!!! Yummm! OR - Store in airtight container in refrigerator or on counter if you eat them quicker. I like them better room temperature Yields: 30-40 (approx.) oatmeal balls.

Variations:

- Roll finished balls again in powdered sugar (very sweet this way, but they look pretty).
- You can add 1½ Cups chopped nuts or currants to the mixture when you add the oatmeal.
- You can also **roll** into add flax, chia or hemp seeds for additional omega 3's. Alternatively add a tablespoon directly into batter.
- You can also shape these into egg shaped for Easter and top them with shredded coconut.

I do suggest trying the recipe as traditionally written before you get too fancy with your toppings.