

Peanut Butter Balls

Mix, roll, shake and enjoy!



Level: Easy

Servings: 18 balls

Ingredients:

- $\frac{1}{4}$ cup peanut butter (creamy or chunky)
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup nonfat dry milk
- 1/4 cup quick or old fashioned oats
- ³/₄ cup crisp rice cereal
- (save $\frac{1}{2}$ cup to crush)

Directions:

Remember to wash your hands!

- 1. In a large mixing bowl, combine peanut butter, honey, dry milk, oats and $\frac{1}{4}$ cup of the rice cereal.
- 2. Shape into 1-inch balls.
- 3. Put the remaining $\frac{1}{2}$ cup rice cereal in a large zip-type bag and crush with hands.
- 4. Place balls in bag and shake until balls are covered with cereal.
- 5. Store in covered container in the refrigerator.

F Helpful Hints:

180°

Not only will kids love the taste of this snack - it's really good for them!

Peanut butter provides protein that helps build and repair body tissue.

Honey, oats and cereal are carbohydrates, which provide energy.

Nonfat dry milk is packed with calcium to help build strong bones.

All this nutrition is rolled up into a healthy, easy, no-cook snack.

Safety Tip: Peanuts represent one of the most common food allergies in children. It's always a good idea to tell kids who are visiting that this snack contains peanut butter to avoid an allergic reaction. Even a touch or tiny bite of a food allergen can be harmful.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families, USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Kids' Tool Kit Large mixing bowl Zip-type bag

Rubber spatula Spoon Measuring cups

Chef's Choice Peanut Butter Balls Apple slices Milk

Nutrition Facts Serving Size 1 ball Servings Per Container 18		
Amount Per Serving Calories 100 Calories from Fat 35		
% Daily Value*		
Total Fat 3.5g		6%
Saturated Fat	.5g	4%
Cholesterol 0mg)	0%
Sodium 80mg		3%
Total Carbohydr	ate 15g	5%
Dietary Fiber	1g	3%
Sugars 10g		
Protein 4g		
Vitamin A 0%	 Vita 	min C 2%
Calcium 6%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories - 2,000 2,500		
Total Fat	< 65g	80g
Saturated Fat	< 20g	25g
Cholesterol	< 300mg	300mg
Sodium	< 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4		

