

Dog Bones

Treats for kids of all ages!

6 servings

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup instant nonfat dry milk powder
- 1 tablespoon honey
- 2 tablespoons graham cracker crumbs, finely crushed

Directions:

1. In a large mixing bowl, combine peanut butter and dry milk. Add honey and mix well.
2. Divide dough into 6 pieces. Mold each piece into the shape of a dog bone.
3. Sprinkle with graham cracker crumbs on both sides.
4. Store in covered container in the refrigerator.

Nutrition Facts: One bone provides 170 calories, 11g total fat, 0mg cholesterol, 150mg sodium, 11g total carbohydrate

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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Dog Bones
Apples slices
Low fat milk

Dog Bones

Treats for kids of all ages!

6 servings

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup instant nonfat dry milk powder
- 1 tablespoon honey
- 2 tablespoons graham cracker crumbs, finely crushed

Directions:

1. In a large mixing bowl, combine peanut butter and dry milk. Add honey and mix well.
2. Divide dough into 6 pieces. Mold each piece into the shape of a dog bone.
3. Sprinkle with graham cracker crumbs on both sides.
4. Store in covered container in the refrigerator.

Nutrition Facts: One bone provides 170 calories, 11g total fat, 0mg cholesterol, 150mg sodium, 11g total carbohydrate

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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Dog Bones
Apples slices
Low fat milk

Dog Bones

Treats for kids of all ages!

6 servings

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup instant nonfat dry milk powder
- 1 tablespoon honey
- 2 tablespoons graham cracker crumbs, finely crushed

Directions:

1. In a large mixing bowl, combine peanut butter and dry milk. Add honey and mix well.
2. Divide dough into 6 pieces. Mold each piece into the shape of a dog bone.
3. Sprinkle with graham cracker crumbs on both sides.
4. Store in covered container in the refrigerator.

Nutrition Facts: One bone provides 170 calories, 11g total fat, 0mg cholesterol, 150mg sodium, 11g total carbohydrate

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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Dog Bones
Apples slices
Low fat milk

Dog Bones

Treats for kids of all ages!

6 servings

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup instant nonfat dry milk powder
- 1 tablespoon honey
- 2 tablespoons graham cracker crumbs, finely crushed

Directions:

1. In a large mixing bowl, combine peanut butter and dry milk. Add honey and mix well.
2. Divide dough into 6 pieces. Mold each piece into the shape of a dog bone.
3. Sprinkle with graham cracker crumbs on both sides.
4. Store in covered container in the refrigerator.

Nutrition Facts: One bone provides 170 calories, 11g total fat, 0mg cholesterol, 150mg sodium, 11g total carbohydrate

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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Dog Bones
Apples slices
Low fat milk