

Peanut Butter Balls

Mix, roll, shake and enjoy!

18 balls

Ingredients:

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

Directions:

1. In a large mixing bowl, combine peanut butter, honey, dry milk, oats and 1/4 cup of the rice cereal.
2. Shape into 1-inch balls.
3. Put the remaining 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.

Nutrition Facts: One peanut butter ball provides 100 calories, 3.5g total fat, 0mg cholesterol, 80mg sodium, 15g 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

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Peanut Butter Balls
Apple Slices
Milk

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