

Crispy Crunchers

A simple no-bake cookie!



Level: Easy

Makes: 30

Kids' Tool Kit

Measuring cups
Rubber spatula
Spoon
Large bowl
Baking sheet or pan
Cookie scoop

Ingredients:

1/2 cup powdered sugar
1/4 cup honey
1/2 cup peanut butter
1 1/2 cups crispy rice cereal
1/2 cup raisins, mini-chocolate chips or
mini-chocolate candies



Directions:

Remember to wash your hands!

Chef's Choice

Crispy Crunchers
Carrot sticks
Low fat milk

1. Line a 9x13-inch pan or baking sheet with wax paper so cookies won't stick.
2. In a large bowl, combine powdered sugar, honey and peanut butter. Stir until well mixed.
3. Stir in cereal, raisins, chips or candies.
4. Using hands or cookie scoop, shape mixture into 1-inch balls. Place on wax paper.
5. Refrigerate 1 hour. Serve right away or place in tightly covered container in refrigerator.

Nutrition Facts

Serving Size 2 cookies (26g)
Servings Per Container 30

Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1 gram	4%
Sugars 13g	
Protein 2g	

Vitamin A 0% • Vitamin C 2%
Calcium 0% • 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	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: If you spray the measuring cup with cooking spray before measuring honey, it will pour out much easier. Use a cookie scoop to shape the balls if kids don't like getting their fingers messy. Any size or shape cookies are fine. Let kids be creative!



Safety Tips: Until after a baby's first birthday, avoid giving honey or corn syrup in any form. Honey can cause botulism, a severe foodborne illness in babies. For adults and older children, these spores are harmless.

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.