

Dog Bones

Treats for kids of all ages!

Level: Easy

Serves: 6

Kids' Tool Kit

Large mixing bowl
Measuring cup
Measuring spoon
Wooden spoon

Ingredients:

½ cup peanut butter
½ cup instant nonfat dry milk powder
1 tablespoon honey
2 tablespoons graham cracker crumbs,
finely crushed



Directions:

Remember to wash your hands!

Chef's Choice

Dog Bones
Apples slices
Low fat milk

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.



Helpful Hints: Lightly spray the measuring cup and measuring spoon with cooking spray so the peanut butter and honey will come out easier.



Safety Tips: One of the most common food allergies in children is peanuts. 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. It's best to not offer peanut butter to children younger than 3 or 4 years of age.

Nutrition Facts

Serving Size 1 bone (32g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 8g	
Protein 7g	
Vitamin A 2%	Vitamin C 0%
Calcium 8%	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 60g
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	

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *Clifford the Big Red Dog* by Norman Bridwell

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.