Peanut Butter Balls

Mix, roll, shake and enjoy!

Level: Easy
Servings: 18 balls

Ingredients:
- ¼ cup peanut butter (creamy or chunky)
- ¼ cup honey
- ¼ cup nonfat dry milk
- ¼ cup quick or old fashioned oats
- ¼ cup crisp rice cereal
  (save ½ cup to crush)

Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine peanut butter, honey, dry milk, oats and ¼ cup of the rice cereal.
2. Shape into 1-inch balls.
3. Put the remaining ½ 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.

Helpful Hints:
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.

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