

Peanut Butter Balls

Ingredients:

1/2 cup whole wheat cereal
 1/4 cup peanut butter
 1/4 cup honey
 1/2 cup nonfat dry milk

Equipment:

Large bowl
 Measuring cups
 Mixing spoon

Number of Servings: 6

Prep Time: 10 minutes

Total time: 10 minutes

Directions

1. Put whole wheat cereal in a zippered plastic bag, and use smooth glass or rolling pin to crush cereal, add to a mixing bowl.
2. Add peanut butter, honey, and nonfat dry milk powder to bowl.
3. Shape into 1-inch balls then roll in crushed cereal.
4. Chill for 30 minutes or until firm.

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Nutrition Facts

Serving Size: 1 ball

Servings: 6

Amount Per Serving

Calories 152 Calories from Fat 54

%Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **6%**

Cholesterol 2mg **1%**

Sodium 105mg **4%**

Potassium 268mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Protein 7g **13%**

Vitamin A 0% Vitamin C 1%

Iron 2% Calcium 13%

*Percent Daily Values are based on a 2,000 calorie diet.

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