



Peanut Butter Balls

Ingredients:

Equipment:

1/2 cup whole wheat cerealLa1/4 cup peanut butterM1/4 cup honeyM1/2 cup nonfat dry milk

Large bowl Measuring cups Mixing spoon

Number of Servings: 6 Prep Time: 10 minutes Total time: 10 minutes

Directions

2013

- 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.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter www.facebook.com/vafnp www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 t

Calories 152		Calories from Fat 54	
		%Daily \	/alue*
Total Fat 6g	1		9%
Saturated	Fat 1g		6%
Cholesterol	2mg		1%
Sodium 105	img		4%
Potassium	268mg		8%
Total Carbo	hydrate	21g	g 7%
Dietary Fit	ber 1g		4%
Protein 7g		13%	
Vitamin A	0%	Vitamin C	1%
Iron	2%	Calcium	13%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



Virginia Cooperative Extension Virginia Tech • Virginia State University

VCEP-5NP

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.