



## **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

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- 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 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 <b>7%</b> |
| Dietary Fit  | ber 1g  |                      | 4%          |
| Protein 7g   |         | 13%                  |             |
| Vitamin A    | 0%      | Vitamin C            | 1%          |
| Iron         | 2%      | Calcium              | 13%         |

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