



## **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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