

Peanut Butter Balls

Makes 16 balls | Protein • Grains

Ingredients

- ½ cup creamy peanut butter
- ½ cup nonfat dry milk powder
- 2 Tablespoons honey*
- ½ cup rice cereal

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Mix ingredients together and roll into balls. Refrigerate leftovers.

*Children under 1 year old should not eat honey.

Variations

- Add 2 Tablespoons raisins or other dried fruit.
- Replace rice cereal with 1/2 cup quick oats.
- Honey Bees- Shape balls into ovals for the body of a bee and place on waxed paper. Dip a toothpick into cocoa powder, then press gently across top of bees to make stripes. Stick almond slices into body for wings. Chill at least 30 minutes.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyo.cnpp.org/> | cnp-info@uwyo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.