

Peanut Butter Balls

Mix, roll, shake and enjoy!



Level: Easy

Servings: 18 balls

Kids' Tool Kit

Large mixing bowl
Zip-type bag
Rubber spatula
Spoon
Measuring cups

Ingredients:

- 1/4 cup peanut butter (creamy or chunky)
- 1/4 cup honey
- 1/2 cup nonfat dry milk
- 1/4 cup quick or old fashioned oats
- 3/4 cup crisp rice cereal
(save 1/2 cup to crush)



Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine peanut butter, honey, dry milk, oats and 1/4 cup of the rice cereal.
2. Shape into 1-inch balls.
3. Put the remaining 1/2 cup rice cereal in a large zip-type bag and crush with hands.
4. Place balls in bag and shake until balls are covered with cereal.
5. Store in covered container in the refrigerator.

Chef's Choice

Peanut Butter Balls
Apple slices
Milk



Helpful Hints:

Not only will kids love the taste of this snack - it's really good for them!

Peanut butter provides protein that helps build and repair body tissue.

Honey, oats and cereal are carbohydrates, which provide energy.

Nonfat dry milk is packed with calcium to help build strong bones.



All this nutrition is rolled up into a healthy, easy, no-cook snack.

Safety Tip: Peanuts represent one of the most common food allergies in children. It's always a good idea to tell kids who are visiting that this snack contains peanut butter to avoid an allergic reaction. Even a touch or tiny bite of a food allergen can be harmful.

Nutrition Facts

Serving Size 1 ball
Servings Per Container 18

Amount Per Serving
Calories 100 Calories from Fat 35

% Daily Value*

Total Fat 3.5g 6%

• Saturated Fat .5g 4%

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 15g 5%

• Dietary Fiber 1g 3%

• Sugars 10g

Protein 4g

Vitamin A 0% • Vitamin C 2%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories - 2,000 2,500

Total Fat < 65g 80g

Saturated Fat < 20g 25g

Cholesterol < 300mg 300mg

Sodium < 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.