

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the "flip on short edge" print setting to ensure the back side of the card isn't upside down. Cut out each card along dashed lines.

Peanut Butter Treats

- ¼ cup peanut butter, creamy or chunky
- ¼ cup honey or light pancake syrup
- ½ cup nonfat dry milk powder
- ¼ cup quick oats
- ¾ cup crisp rice cereal

Source: University of Missouri Extension Family Nutrition Education Programs

In a large mixing bowl, combine peanut butter, honey, dry milk, oats and ¼ cup of rice cereal. Shape into 1-inch balls. Put the remaining ½ cup rice cereal in a large zip-close bag and crush with hands. Place balls in bag and shake until balls are covered with cereal. Store in covered container in the refrigerator. Makes 18 pieces.

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

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Nutrition Facts	
Serving Size 1 piece	
Amount Per Serving	
Calories 50	
% Daily Value*	
Total Fat 2g	3%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	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.

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