



## Peanut Butter Treats

Servings: 18 balls

### Ingredients:

- $\frac{1}{4}$  cup peanut butter (creamy or chunky)
- $\frac{1}{4}$  cup honey or light pancake syrup
- $\frac{1}{2}$  cup nonfat dry milk
- $\frac{1}{4}$  cup quick oatmeal
- $\frac{3}{4}$  cup crisp rice cereal (save  $\frac{1}{2}$  cup to crush)



### Directions:

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

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### Nutrition Facts

Amount Per Serving

**Calories** 50

Calories from Fat 15

% Daily Value\*

**Total Fat** 2g

**3%**

Saturated Fat 0g

**0%**

Trans Fat 0g

**Cholesterol** 0mg

**0%**

**Sodium** 35mg

**1%**

**Total Carbohydrate** 7g

**2%**

Dietary Fiber 0g

**0%**

Sugars 5g

**Protein** 2g

Vitamin A 2%

Vitamin C 0%

Calcium 2%

Iron 2%

### Tips:

- How does this treat compare to chocolate candy? Two small pieces of milk chocolate has more calories (about 70) and more fat (5 grams) than these peanut butter ball treats.
- ☺ Babies under 1 year should not be given honey.
- ☺ Your children can help make this treat — have them measure ingredients or crush the cereal.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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