



July 27- Peanut Butter Balls

Smart Snack

Link: No link, CNP recipe

Recipe

Ingredients:

- ½ cup peanut butter
- ½ Tablespoons nonfat dry milk
- 2 Tablespoons raisins
- 2 Tablespoons honey
- ¼ cup rice cereal

Directions:

1. Mix ingredients and form into balls. Makes about 15 balls.

Yield 15 servings

Nutrition Facts

Serving Size 1 item (15.45g)
Servings Per Container 15

Amount Per Serving

Calories 70 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 8g **3%**

Dietary Fiber <1g **2%**

Sugars 5g

Protein 3g **5%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.