



## March 28- No Bake Breakfast Cookies

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/no-bake-breakfast-cookies>

### Recipe

*Ingredients:*

- ½ cup honey
- ½ cup non-fat dry milk
- ½ cup raisins
- ½ cup creamy peanut butter
- 2 ½ cups flaked cereal

*Directions:*

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

Yield 12 servings

### Nutrition Facts

Serving Size 2 cookies (40.71g)  
Servings Per Container 12

**Amount Per Serving**

**Calories** 160      **Calories from Fat** 35

**% Daily Value\***

**Total Fat** 4g      **6%**

Saturated Fat 0.5g      **4%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 1g      **4%**

Sugars 18g

**Protein** 5g      **9%**

Vitamin A 4%      •      Vitamin C 2%

Calcium 4%      •      Iron 10%

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