



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.