



## September 22- Honey Milk Balls

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-milk-balls>

### Recipe

*Ingredients:*

- ¼ cup honey
- ¼ cup peanut butter
- ½ cup dry milk, non-fat
- ½ cup cereal

*Directions:*

1. Mix honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Chill for easier handling.
4. With greased hands, form into small balls.
5. Roll in crushed cereal flakes.
6. Chill until firm.
7. Refrigerate leftovers within 2 hours.

Yield 20 servings

Nutrition Facts	
Serving Size 2 balls (10.97g)	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 45	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber <1g	2%
Sugars 5g	
<b>Protein</b> 1g	<b>3%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	