



Peanut Butter Treats

Servings: 18 balls

- ¼ cup peanut butter (creamy or chunky)
- ¼ cup honey or light pancake syrup
- ½ cup nonfat dry milk
- ¼ cup quick oatmeal
- ¾ cup crisp rice cereal (save ½ cup to crush)

1. Wash hands and surfaces.
2. In a large mixing bowl, combine peanut butter, honey, dry milk, oats and ¼ cup of rice cereal.
3. Shape into 1-inch balls.
4. Put the remaining ½ 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.



Nutrition Facts

6 servings per container

Serving size 3 balls (38g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars 16g

Includes 12g Added Sugars 24%

Protein 5g

Vitamin D 1mcg 6%

Calcium 78mg 6%

Iron 2mg 10%

Potassium 202mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- This is a great after school or on-the-go snack for kids, and is a healthier alternative to cookies and candy.
- 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.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance