

Honey Milk Balls

Rating: ★★★★★

Makes: 20 servings

Ingredients

1/4 cup honey
1/4 cup peanut butter
1/2 cup dry milk, non-fat
1/2 cup cereal (crushed)

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.

Notes

Honey should not be given to children less than one year of age.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	1.5 g	2%
Protein	1 g	
Carbohydrates	6 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	15 mg	1%