

Honey Milk Balls

Serves 20

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.

See how to make this recipe and more on USDA's What's Cooking? YouTube site. whatscooking.fns.usda.gov

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

Nutrition Facts	
Serving Size 2 honey milk balls, 1/20 of recipe (70g)	
Servings Per Container 20	
Amount Per Serving	
Calories 41	
% Daily Value *	
Total Fat 2g	
Saturated Fat 0g	
Trans Fat	
Cholesterol 0mg	
Sodium 25mg	
Total Carbohydrate 5g	
Dietary Fiber 0g	
Sugars 5g	
Protein 1g	
Vitamin D 0mcg	Potassium 61mg
Calcium 26mg	Iron 0mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Honey Milk Balls

Serves 20

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.

See how to make this recipe and more on USDA's What's Cooking? YouTube site. whatscooking.fns.usda.gov

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

Nutrition Facts	
Serving Size 2 honey milk balls, 1/20 of recipe (70g)	
Servings Per Container 20	
Amount Per Serving	
Calories 41	
% Daily Value *	
Total Fat 2g	
Saturated Fat 0g	
Trans Fat	
Cholesterol 0mg	
Sodium 25mg	
Total Carbohydrate 5g	
Dietary Fiber 0g	
Sugars 5g	
Protein 1g	
Vitamin D 0mcg	Potassium 61mg
Calcium 26mg	Iron 0mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4