

Honey Milk Balls

Ingredients:

- ½ c. honey
- ½ c. peanut butter
- 1 c. dry milk
- 1 c. crushed cereal

Directions:

- Mix honey and peanut butter. Gradually add dry milk and mix well. Chill for easier handling. With grease hands, form small balls (about 1 inch in diameter). Roll balls in crushed cereal flakes. Chill until firm. Refrigerate leftovers within two hours.

Note: Honey should not be given to children less than 1 year old.

Makes 20 servings. Per serving: 80 calories, 3 grams (g) fat, 12 g carbohydrate and 1 g fiber.

NDSU EXTENSION
SERVICE