



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Peanut Butter Balls*

½ cup peanut butter
2 ½ tablespoons nonfat dry milk
2 tablespoons raisins
2 tablespoons honey**
¼ cup rice cereal

****Children under 1 year of age should not eat honey**

Mix ingredients and form into balls. Roll in powdered sugar or cinnamon sugar. Makes about 15 balls.

Optional recipe:

½ cup peanut butter
½ cup honey**
1 cup nonfat dry milk
1 cup oatmeal.

Children can:

Measure, mix, and roll!

Nutrition Facts

Serving Size: 1 ball (14g)

Servings: 15

Amount Per Serving

Calories 70 Calories from Fat 35

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **2%**

Sugars 4g

Protein 3g

Vitamin A 0% ■ Vitamin C 0%

Calcium 2% ■ Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.