

Honey Milk Balls

Yield: 20 servings, Serving Size—2 cookies/balls

Ingredients:

- 1/4 cup honey
- 1/4 cup peanut butter
- 1/2 cup dry milk, nonfat
- 1/2 cup crushed cereal

Instructions:

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.

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



Honey Milk Malls (continued)

Cost: Per Recipe: \$ 1.51 , Per Serving: \$ 0.08

Source: <http://recipefinder.nal.usda.gov/index.php>

Nutrition Facts Per Serving: Serving Size 2 honey milk balls, Calories 40, Total Fat 1.5g, Sodium, 15mg, Total Carbohydrate 6g, Protein 1g. Calcium 2%

Buffalo County Wisconsin Nutrition Education Program
407 S. Second Street, Alma, WI 54610. Phone: 1-608-685-6256

Pepin County Wisconsin Nutrition Education Program
740 7th Ave W, PO Box 39, Durand, WI 54736. Phone 1-715-672-5214

This information is published by the University of Wisconsin-Extension Service in cooperation with USDA and Wisconsin Counties. UW Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call Buffalo County: 608-685-4412 or Pepin County: 715-672-8941

