Honey Milk Balls

Serving Size: 2 milkballs
Yield: 20 servings

Ingredients:

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

Instructions:

1. Wash hands.
2. Mix honey and peanut butter.
3. Gradually add dry milk and mix well.
4. Chill for easier handling.
5. With greased hands, form into small balls.
6. Roll in crushed cereal flakes.
7. Chill until firm.
8. Refrigerate leftovers within 2 hours.

Note: May substitute syrup or molasses for honey. Do not give honey to children less than one year of age.

Cost:

Per Recipe: $ 1.18
Per Serving: $ 0.06

Adapted from: Pictoral Recipes Lynn Myers Steele, 2000, Oregon Family Nutrition Program, Oregon State University Extension Service
Source - USDA at http://recipefinder.nal.usda.gov/