



PROJECT: GET IT DONE TOGETHER

No-Bake Peanut Butter Treats

Adult Supervision Required | Contains dairy, gluten, and nuts

Ingredients:

- 1/3 cup chunky peanut butter
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/3 cup nonfat dry milk powder
- 1/3 cup quick-cooking oats
- 2 tablespoons graham cracker crumbs

Instructions:

1. In a small bowl, combine the peanut butter, honey and vanilla.
2. Stir in the milk powder, oats and graham cracker crumbs.
3. Shape into 1-inch balls.
4. Cover and refrigerate until serving.

Makes 15 servings

Total time: 10 minutes

Nutrition facts per serving:

1 each: 70 calories, 3g fat (1g saturated fat), 1mg cholesterol, 46mg sodium, 9g carbohydrate (6g sugars, 1g fiber), 3g protein. Diabetic Exchanges: 1/2 starch, 1/2 fat.