

No-Bake Peanut Butter Crunch Balls

Ingredients:

- 3/4 cup golden raisins
- 1/3 cup smooth peanut butter
- 2 tablespoons brown sugar, packed
- 1 teaspoon ground cinnamon
- 1 cup puffed rice cereal
- 1/4 cup chopped unsalted pretzels
- 1/3 cup unsweetened coconut



Directions:

1. Wash hands with warm water and soap.
2. Chop finely by hand with a sharp knife.
3. Place pretzels in a zip lock bag and firmly press down until pretzels are crushed. Repeat with corn flake cereal or puffed rice cereal.
4. Add peanut butter, brown sugar, cinnamon, corn flake or puffed rice cereal, and pretzels into a mixing bowl. Pulse for about one minute or until the mixture is finely ground.
5. Measure out one tablespoon of the mixture and roll into a ball with your hands or shape into bars. Sprinkle with coconut. Repeat process with remaining ingredients and place on a serving plate.

Servings:

Makes 15 balls or 8 squares.

Nutrition Information per Serving:

Calories, 90; Carbohydrate, 13 gm; Protein, 2 gm; Total Fat, 3.5 gm; Saturated Fat, 0 gm; Trans Fat, 0 gm; Cholesterol, 0 mg; Fiber, 1 gm; Total Sugars, 7 gm; Sodium, 35 mg; Calcium, 8 mg; Folate, 1.4 mcg; Iron, 0.3 mg; Calories from Fat, 35%.

Courtesy of Tséhootsooí Medical Center



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