

## Peanut Butter Crunch Bites

### Ingredients:

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



### Directions with a Food Processor:

1. Wash hands with warm water and soap.
2. Add raisins to a food processor. Pulse raisins until thoroughly chopped and a ball forms.
3. Add peanut butter, brown sugar, cinnamon, ginger, cereal and pretzels to food processor. Pulse for about one minute or until the mixture is finely ground.
4. Roll out flat to cut into bars or roll into balls with your hands. Sprinkle with coconut and place on a serving plate.

### Directions without a Food Processor:

1. Wash hands with warm water and soap.
2. Chop raisins 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 the cereal.
4. Add peanut butter, brown sugar, cinnamon, cereal, and pretzels into a mixing bowl. Mix with your hand until fully incorporated.
5. Roll out flat to cut into bars or roll into balls with your hands. Sprinkle with coconut and place on a serving plate.

### Servings:

Makes 8 bars or 15 balls.

**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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