



No-Bake Cookies

Ingredients:

- ½ cup reduced-fat peanut butter, almond butter, or sunflower butter (smooth or chunky)
- ½ cup honey
- ½ cup low-fat granola
- ½ cup crispy rice cereal
- ½ cup raisins or other dried fruit
- ½ cup crushed graham crackers

Instructions:

- 1) Heat nut butter and honey in a saucepan over low heat until creamy. Remove from heat and pour into a bowl to cool.
- 2) Add granola, cereal, raisins, crushed graham crackers, and extras to the nut butter mix and stir well.
- 3) Roll into tablespoon-sized balls and set on wax paper.
- 4) Refrigerate at least 1 hour before serving.

Yield: 32 cookies

Ideas/Substitutions

Need a fun snack to send to your child's class? Kids will love these quick-to-make, crunchy treats!

- Involve your kids in preparing the cookies. They can help measure, mix, shape, and enjoy.
- Customize your cookies: Add your favorite nuts, seeds, or dried fruits, such as cashew pieces, sunflower seeds, raisins, or dried blueberries.
- Enjoy cookies with sliced apples and a refreshing glass of low-fat milk.

Nutrition Analysis

Serving Size: 1 cookie

Calories: 65

Total Fat: 1.6 g

Saturated Fat: 0.3 g

Trans Fat: 0.0 g

Total Carb: 12 g

Dietary Fiber: 0.3 g

Sodium: 29 mg

Protein: 1.7 g

Calcium: 5.3 mg

Recipe Source

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