

A great anytime snack! ★

Hands-On Recipe! ✋

## Peanut Power Balls

Serving Size: 1 power ball • Serves 12

### INGREDIENTS

- 1 cup peanut butter
- ½ cup non-fat dry milk powder
- ½ cup raisins or dried cranberries
- 1 tablespoon mini chocolate chips
- ¼ cup honey
- ¾ cup graham cracker crumbs

### DIRECTIONS

1. Mix all ingredients, except the graham cracker crumbs, together in a large bowl.
2. Shape mixture into balls.
3. Roll in crumbs and refrigerate or freeze balls before eating.

**Prep Tip:** This dough is sticky. You may need to add a little more dry milk to make the dough easier to handle.

**They're still growing. Help your kids grow strong. Serve fat-free or low-fat (1%) milk at meals and snacks.**

### Nutrition Information per Serving:

- 213 calories
- 12g fat
- 23g carbohydrate
- 8g protein
- 2g fiber
- 175mg sodium

**Nutrition Tip:** Peanut butter and dry milk are both good sources of protein. Kids need protein to build strong muscles and to fight infection. Peanut butter is a good source of protein but tends to be higher in fat so be sure to follow Serving Sizes.



## No Bake Monkey Bites

Serving Size: 1 monkey bite • Serves 12

### INGREDIENTS

- ½ cup creamy peanut butter
- 1 small, very ripe banana, mashed (about ⅓ cup)
- ¼ cup unsweetened cocoa powder
- ⅓ cup honey
- ¼ cup fat-free milk
- 3 cups quick-cooking oats
- ⅛ teaspoon salt
- ⅓ cup mini chocolate chips or baked banana chips

### DIRECTIONS

1. Line a baking sheet with parchment or wax paper. Set aside.
2. Melt peanut butter and mashed banana together in a small skillet or pan over low heat until fully melted and combined.
3. Remove from heat and mix in the honey, cocoa powder, milk, oats and salt. The mixture will be thick and fudgy.
4. Drop cookie dough (about two tablespoons per cookie) onto the baking sheet, molding the cookie into desired shape. Press a few mini chocolate chips or baked banana chips onto tops, if desired.
5. Place in the refrigerator for at least two hours before serving.

**Prep Tip:** Quick oats work best in this recipe but you can make them with old-fashioned oats, too.

**Start them early with whole grains. It's easy to get your kids in the habit of eating and enjoying whole grains if you start when they are young.**

### Nutrition Information per Serving:

- 184 calories
- 9g fat
- 26g carbohydrate
- 6g protein
- 3g fiber
- 85mg sodium

**Nutrition Tip:** Oats are a whole grain. Adding oats to cookies and muffins increases their nutritional value.



Great for spring/summer!

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## Butterflies

Serving Size: 1 butterfly • Serves 12

### INGREDIENTS

- 4 large bananas, cut into thirds
- 24 pretzel twists
- 24 raisins or mini chocolate chips
- 24 apple slices

### DIRECTIONS

1. Cut banana into three pieces. Give one piece per child.
2. Insert pretzel twists into the side of the banana for wings.
3. Gently insert raisins or mini chocolate chips for eyes and apple slices for antenna.

**Prep Tip:** Use firm bananas for best results. Dip apples in lemon juice to keep antennae from browning.

### Nutrition Information per Serving:

- 90 calories
- 0g fat
- 22g carbohydrate
- 1g protein
- 2g fiber
- 104mg sodium

**Nutrition Tip:** Many adults and kids do not get enough potassium. Bananas are loaded with potassium as are strawberries, potatoes, beans, greens, dried fruit and fish.

**They learn from watching you. Eat fruits and veggies and your kids will too.**

