

No Bake Breakfast Cookies

½ cup honey (or light corn syrup)

½ cup non-fat dry milk (instant)

½ cup raisins (or chopped dry fruit)

½ cup creamy peanut butter

2 ½ cups crushed flaked cereal (cornflakes or bran flakes)

Wash hands and gather items. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.

Remove from heat. Stir in dry milk. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.

Cool to room temperature. Store in the refrigerator. Yield 12 servings.

Nutrition information per serving: (2 cookies) 171 calories, 6 g fat, 58 mg sodium, 27 g carbohydrates, 2 g fiber, 5 g protein