



No-Bake Cookies

- $\frac{1}{2}$ cup reduced fat smooth peanut butter
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup low-fat granola
- $\frac{1}{2}$ cup crispy rice cereal
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup crushed graham crackers

Heat peanut butter and honey in a saucepan over low heat until creamy.

Remove from heat and pour into a bowl to cool.

Add granola, cereal, raisins, and crushed graham crackers to the peanut butter mix and stir well.

Roll into tablespoon-sized balls and set on wax paper.

Refrigerate at least 1 hour before serving.

Makes about 32 cookies - 155 calories, 5 grams fat per cookie

***Granola Grievances** - In recent years, granola has gotten a bad rap for being high in fat and calories. Although granola is an excellent source of fiber and some nutrients, it main contain a lot of sugar, fat and calories. Most commercial granolas are toasted and sweetened. Which means added sugar, fat and calories. The best choices for granola contain 150 calories or less per serving.*