

# No-Bake Cookies

From the ACS cookbook Celebrate! Healthy Entertaining for Any Occasion

## Ingredients:

1/2 cup reduced-fat smooth peanut butter

1/2 cup honey

1/2 cup low-fat granola

1/2 cup crispy rice cereal

1/2 cup raisins

1/2 cup crushed graham crackers

## Directions:

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.



# Nutritional Information

Resource - [www.cancer.org](http://www.cancer.org)

Makes approximately 32 cookies.

Approximate per serving: 155 calories; 5 grams of fat

MyFoodDiary.com nutritional content breakdown for 32 cookies

Peanut Butter ~ Reduced Fat ~ Creamy 760

Honey 1,008

Low Fat Granola (Carton) 180

Cereal ~ Rice Krispies 48

Raisins 260

Cookies ~ Graham Crackers ~ Plain Or Honey (including Cinnamon)

Calories: 76

Fat: 1.75

Carbs: 1

Protein: 1.33