



RECIPE OF THE WEEK

LEAN AND MEAN CRISPY TREATS

½ cup honey

½ cup reduced fat chunky peanut butter

½ cup non fat dry milk powder

4 cups crisp rice cereal

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1. In a large saucepan, combine honey, peanut butter and milk powder. Cook and stir over low heat until blended.
 2. Remove from heat; stir in cereal. Press into an 8-in. square dish coated with cooking spray. Let stand until set. Cut into bars.

NUTRITION FACTS:

Calories: 144

Protein: 5 grams

Total Fat: 4 grams

Total Carbohydrates: 25 grams

Sodium: 144 mg.

Fiber: 1 grams

Makes 1 dozen

FOOD FOR THOUGHT:

A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.