

## Quick Peanut Butter Balls

### Ingredients:

3/4 cup graham cracker crumbs (about 12 squares)  
1/3 cup raisins, chopped (currants may be used)  
1/3 cup peanut butter  
2 tablespoons unsweetened applesauce  
2 tablespoons graham cracker crumbs (2 squares)

### Directions:

1. In a small bowl, combine all ingredients except 2 Tbsp. graham cracker crumbs; mix well.
2. Shape mixture into 3/4-inch balls. Roll in 2 Tbsp. graham cracker crumbs.
3. Store in refrigerator.

Yield: 22 servings

Source: Fast and Healthy Magazine

These kid-pleasing cookies are just right for after-school snacking or packing in lunch boxes.

Nutritional analysis per serving: calories 45, calories from fat 20, total fat 2.5g, saturated fat 0g, trans fat 0g, cholesterol 0mg, sodium 40mg, total carbohydrate 5g, dietary fiber 0g, sugars 3g, protein 1g, vitamin A 0%, vitamin C 0%, calcium 0%, iron 2%