





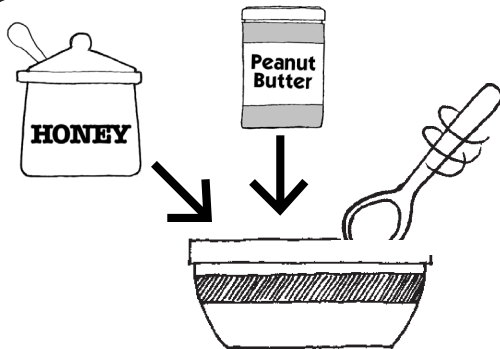

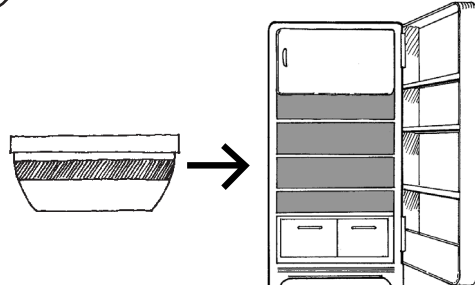

# Honey Milk Balls

## Ingredients

Makes 20 small Honey Milk Balls

- 1/4 cup honey 
- 1/4 cup peanut butter 
- 1/2 cup nonfat dry milk 
- 1/2 cup cereal crushed 

Do not give honey to children less than 1 year of age.

<p><b>1</b> Mix honey and peanut butter.</p> 	<p><b>2</b> Gradually add dry milk and mix well.</p> 
<p><b>3</b> Chill for easier handling.</p> 	<p><b>4</b> With greased hands, form into small balls.</p> 

Recipe Source: Oregon EFNEP Curriculum, Multnomah County. Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Oregon State University, Multnomah County. Adapted and translated for use with Spanish-speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and by Nutrition Program Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Oregon State University, Multnomah County.

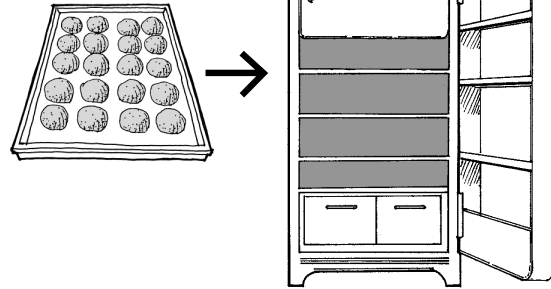
© 2006 Oregon State University. May be reproduced for noncommercial educational purposes. This material was partially funded by USDA's Food Stamp program. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.

# Honey Milk Balls

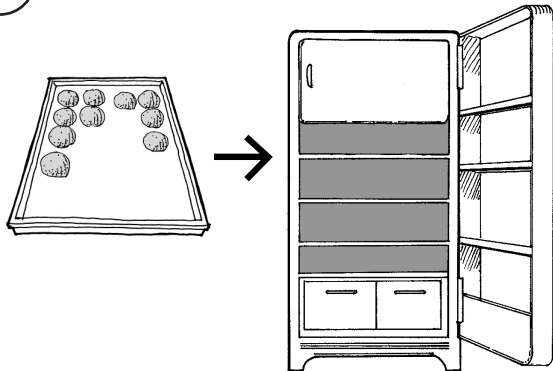
**5** Roll in crushed cereal flakes.



**6** Chill until firm.



**7** Refrigerate leftovers within 2 hours.



## Honey Milk Balls give us:



Builds and repairs skin, muscle and blood.



Builds strong bones and teeth.



Keeps skin and eyes healthy.



Turn food into energy.



Helps use calcium.

# Dulces de Miel y Leche

## Ingredientes

Para 20 dulces

¼ taza de miel



¼ taza de crema de cacahuete



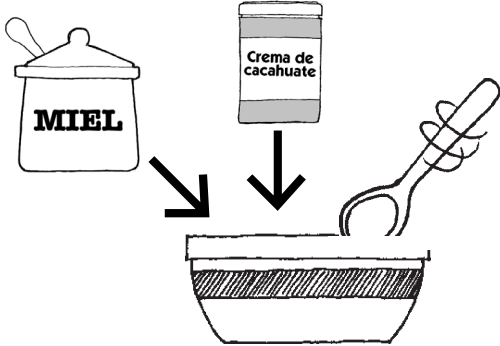
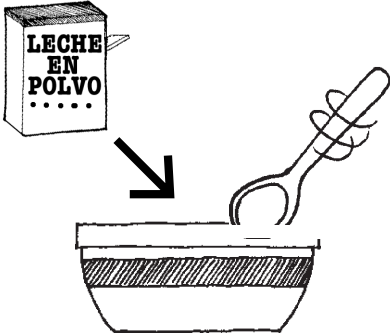
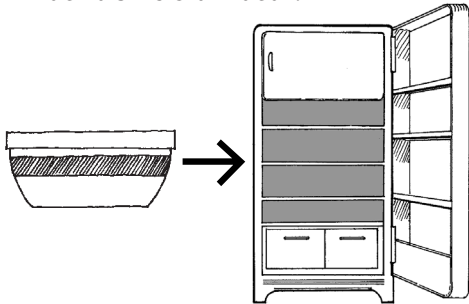

½ taza de leche en polvo sin grasa



½ taza de cereal molido



Los niños menores de un año no deben tomar miel.

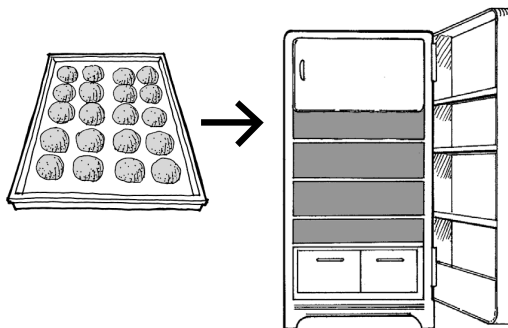
<p><b>1</b> Mezcle la miel y la crema de cacahuete.</p> 	<p><b>2</b> Añada la leche en polvo poco a poco y mezcle bien.</p> 
<p><b>3</b> Ponga en el refrigerador para que sea más fácil de amasar.</p> 	<p><b>4</b> Mójese las manos en aceite y forme bolitas con la masa.</p> 

# Dulces de Miel y Leche

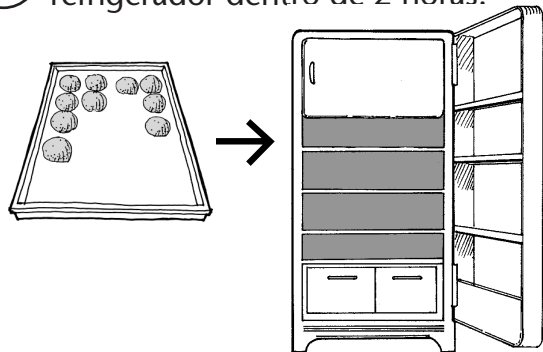
**5** Cubra las bolas con el cereal molido.



**6** Coloque las bolas de miel en el refrigerador hasta que estén firmes.



**7** Guarde los que no se coman en el refrigerador dentro de 2 horas.



Los Dulces de Miel y Leche nos dan:



PROTEÍNA

Hace y repara la piel, músculos y sangre.



CALCIO

Forma los huesos y dientes fuertes.

VITAMINA  
**A**

Mantiene la piel y los ojos sanos.

VITAMINAS  
**B**

Convierten los alimentos en energía.

VITAMINA  
**D**

Ayudan al cuerpo a utilizar el calcio.