

Peanut Butter Cereal Bites



OBJECTIVE: Participants will know how protein functions in the body and the health benefits of eating lean protein.

SUPPLIES NEEDED:

- ½ cup peanut butter
- ½ cup honey
- 4 cups plain Cheerios
- 25 in. Parchment paper
- Microwave safe- Large bowl
- Plastic mixing spoon
- Recipe card

INSTRUCTIONS:

1. Demonstrate to participants how to make Peanut Butter Cereal Bites:
2. Add the honey and peanut butter to a large, microwave safe bowl.
3. Microwave on high for 1 minute. Remove and stir until well combined.
4. Return the bowl to the microwave for another 30 to 45 seconds.
5. Add the Cheerios and stir until the cereal is well coated.
6. Drop portions onto a parchment lined baking sheet (or into cupcake liners). Allow them to set. They should harden up enough to pick them up within half an hour, but it takes a few hours for them to be more firm.
7. Enjoy!

KEY MESSAGES FOR PARTICIPANTS:

- Protein is found throughout the body and helps build and repair muscles, skin, hair, and many other areas of your body.
- If you're active or just relaxing, protein gives you energy and is working in your body to help you move and keep you healthy.
- Healthy protein sources include fish, chicken, beans, eggs, nuts, and veggies like spinach and broccoli. These proteins give you energy and what you **need to grow healthy muscles, skin and hair.**

COACHES NOTES:

Microwaving times vary depending on the microwave. Make sure the honey is boiling or else it won't set. But also be careful not to burn it.- Alternatively, you can bring the mixture to a boil on the stove over medium-low heat and let it simmer for 2 minutes, stirring constantly.