

Healthy Haystacks D



Prep Time: 1

Healthy haystacks are an innovative twist on a no-bake treat that usually has less nutritious ingredients. We've added dried fruit, peanuts, and a high fiber cereal to make them a great and easy dessert.

- 1 cup peanut butter
- 1/2 cup butterscotch chips
- 2 cups Fiber One® bran cereal
- 1/2 cup dry roasted peanuts
- 1/2 cup dried fruit, such as raisins, cranberries, or cherries

Cover a cookie sheet(s) with wax paper (need space for 32 cookies).

Combine peanut butter and butterscotch chips in a microwave safe bowl. Microwave 2 1/2 to 3 minutes or until chips are melted; stirring every 30 seconds to prevent burning. Make sure to use hot pads when removing the bowl from the microwave.

Stir melted peanut butter and butterscotch chips until smooth. Add cereal, peanuts, and dried fruit. Stir until the ingredients are well coated. Drop heaping tablespoons of the mixture onto the waxed paper. Refrigerate until firm and serve.

Store any leftovers in the refrigerator.

Serves 32

Calories 101; Fat 7g; Carbohydrate 10g; Fiber 3g; Protein 3g; Sodium 80mg

NOTES: _____

Total Cost: \$9.63

Cost Per Serving (32): \$0.40

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