

Healthy Peanut Butter Treats

- 1 cup diced dates
- 1/2 cup cashews
- 1/2 cup walnuts
- 1/2 cup pecans
- 1/2 cup wheat germ, raw or toasted
- 1/2 cup rolled oats, uncooked
- 1/2 cup dried coconut, unsweetened
- 1-1/2 cups peanut butter
- 1/4 cup honey
- 2 tsp. vanilla
- 1/2 cup nonfat dry milk powder



With a food processor, chop dates, nuts, wheat germ, oats, and coconut. In a separate mixing bowl, blend together peanut butter, honey, vanilla, and powdered milk. Gradually mix chopped nut-date mixture with large mixing spoon or in heavy-duty stand mixer. Shape "dough" into walnut-sized balls. Refrigerate until firm on a cookie sheet lined with wax paper or parchment paper. Store in a plastic bag or covered plastic or glass container and refrigerate.

