

Peanut Butter Balls

Crisp, crunchy treats for the kid in each of us. Fabulous!

Smooth peanut butter	1 cup	250 mL
Icing (confectioner's) sugar	1 cup	250 mL
Hard margarine (or butter), softened	1 tbsp.	15 mL
Crisp rice cereal	1 cup	250 mL
Finely chopped walnuts	1/2 cup	125 mL
Chocolate melting wafers	2/3 cup	150 mL

Beat peanut butter, icing sugar and margarine in medium bowl until smooth.

Add cereal and walnuts. Mix well. Roll into 1 inch (2.5 cm) balls. Place on waxed paper-lined cookie sheets. Chill for 2 to 3 hours until firm.

Heat chocolate wafers in small heavy saucepan on lowest heat, stirring often until almost melted. Do not overheat. Remove from heat. Stir until smooth. Place 1 ball on fork. Dip into chocolate until coated, allowing excess to drip back into saucepan (see Note). Place on same waxed paper-lined cookie sheet. Repeat with remaining balls and chocolate. Let stand until set. May be chilled to speed setting. Makes about 4 1/2 dozen (54) balls.

1 ball: 62 Calories; 4.2 g Total Fat (1.7 g Mono, 1.2 g Poly, 1 g Sat); 0 mg Cholesterol; 5 g Carbohydrate; trace Fibre; 2 g Protein; 33 mg Sodium

Note: If chocolate becomes too thick for dipping, reheat on low until desired consistency.

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