## WALKING-AROUND BREAKFAST

Carefully core a large apple by removing all seeds. Combine low-fat peanut butter (creamy or chunky) with any combination of the following:

1 Tbsp. raisins 1 Tbsp. nuts
1 Tbsp. coconut 1 Tbsp. shredded carrots
1 Tbsp. chocolate chips or candy pieces
Place peanut mixture in the center of a cored apple. Wrap securely or place in a re-sealable plastic bag. This can be eaten while walking to a class or meeting, while driving, or while doing something else, when circumstances don't allow for sitting down and having a regular meal.

## HONEY-GLAZED MUNCH MIX

2 cups crisp corn and rice hexagon-shaped cereal
5 cups popped popcorn $\quad 1 / 2$ cup peanuts
$1 / 4$ cup raisins $\quad 1 / 4$ cup honey
$1 / 4$ cup margarine or butter $\quad 1 / 4$ teaspoon vanilla
MICROWAVE DIRECTIONS: In a large microwave-safe bowl, combine popcorn, cereal, peanuts and raisins; set aside. In 2-cup microwave-safe measuring cup, combine honey, margarine and vanilla. Microwave on HIGH for 45-60 seconds; stir until margarine is melted. Drizzle over popcorn mixture; stir quickly to coat. Microwave on MEDIUM for 6 to 7 minutes or until popcorn is crisp, stirring every 2 minutes. Spread on foil; cool completely. Store in loosely covered container. 7 cups.

## PEANUT BUTTER BALLS

| $3 / 4$ cup graham cracker crumbs | $1 / 2$ cup dried fruit bits |
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| $1 / 2$ cup peanut butter | 1 tablespoon honey |
| 2 tablespoons graham cracker crumbs |  |

In a small bowl, combine all ingredients except 2 tablespoons graham cracker crumbs; mix well. Shape mixture into 3/4-inch balls. Roll to coat in 2 tablespoons graham cracker crumbs. Store in refrigerator. 18 cookies.

## NO-BAKE HONEY GRANOLA BARS

$1 / 4$ cup firmly packed brown sugar $1 / 4$ cup light corn syrup
$1 / 2$ cup peanut butter $\quad 1 / 2$ teaspoon vanilla
2 1/2 cups granola
In a medium sauce pan, combine brown sugar and corn syrup. Bring to a boil, stirring constantly. Remove from heat. Stir in peanut butter and vanilla; blend well. Add granola; mix well. Press into ungreased 8 or 9 -inch square pan. Cool completely; cut into bars. 20 bars.

