

No-Bake Peanut Butter Chewies

(2 grams of fiber per cookie)

These are great to make with the kids!

Ingredients:

½ cup brown sugar

1/3 cup corn syrup

¾ cup chunky peanut butter

2½ cups bran cereal with raisins

1 to 2 teaspoons water

Optional: ¼ cup mini-chocolate chips or butterscotch chips

Mix together brown sugar and corn syrup in a saucepan over low heat. Stir constantly for 2 minutes and remove pan from stove. Stir in chunky peanut butter until smooth. Stir in bran cereal and optional chocolate or butterscotch chips until the mixture is well coated. Add 1 to 2 teaspoons of water in order to incorporate all ingredients. (Children can easily mix this with their hands). Drop by spoonfuls onto cookie sheets lined with wax paper. Chill the cookies in the refrigerator for 1 hour before eating.

Yield: 24 small cookies