

Fun Nutrition

Peanut Butter Cookies

Purpose:

- Practice how to measure ingredients
- Prepare no-bake peanut butter cookies
- Demonstrate that food preparation is fun

Preparation:

Youth prepare for any food activity by tying their hair back, rolling up their sleeves, and washing their hands.

Background

Measuring: Different kitchen tools are required to measure liquid versus dry ingredients. To measure liquid ingredients, a cook uses a clear glass or plastic measuring cup with a pouring spout. To measure dry ingredients, a cook uses nested or graduated measuring cups. Experienced cooks know that using the right measuring tools is important to accurately follow a recipe.

Nutrition: Ask the participants if they think these cookies are a healthy snack and show them a copy of the USDA food pyramid (obtained through http://teammnutrition.usda.gov/Resources/mpk_poster_2.pdf). Have the participants point out what food groups are included in this snack if the cookies include raisins and oat cereal “O’s”.

Activity 1: Prepare No-Bake Cookies

(Make sure participants are not allergic to peanuts)

Supplies (for each group):

- 1 cup smooth peanut butter

- 1 cup white corn syrup or honey
- 1 ¼ cups non-fat powdered milk
- 1 ¼ cups powdered sugar
- Raisins, nuts, and/or oat cereal “O’s” (optional)
- Mixing bowl
- Rubber scraper or spoons to move ingredients from containers to measuring cups to bowls
- Large mixing spoon
- Measuring cups for dry and liquid ingredients
- Sifter
- Waxed paper

Note: Cover work surfaces to minimize clean-up time required.

Directions:

Work in groups of 2 to 4.

1. Ask each group to measure 1 cup peanut butter. Put measured peanut butter into mixing bowl.
2. Measure and add 1 cup corn syrup (or honey) to bowl.
3. Measure and add 1 ¼ cups non-fat powdered milk to bowl.
4. Measure and add 1 ¼ cups powdered sugar into a sifter and sift into mixing bowl to avoid lumps.
5. Stir the ingredients with large mixing spoon. Use clean hands to knead the mixed dough into a uniform mixture.
6. Add and mix in optional ingredients, if desired.
7. With hands, shape small pieces of dough into balls and place on waxed paper.
8. Let cookies set at room temperature and you have no-bake peanut butter cookies to enjoy.

Adapted from: Michigan Reach Out! <http://www.reachoutmichigan.org/funexperiments/quick/reachout/PBcookies.html>



**COLORADO STATE UNIVERSITY
EXTENSION**

**1 activity for grades K-6. Allow 30 minutes. Math Standard - Measuring
Colorado State University Extension 4-H Youth Development**