



Adventures

1 stick butter
1 cup sugar
1 cup chopped dates
1 egg

2 cups crisped rice cereal
1/2 cup chopped nuts
1/8 tsp salt
1 tsp vanilla
coconut

DIRECTIONS

Mix butter and sugar together in pan bring to boil. Remove from heat add chopped dates and well beaten egg. Return to heat let boil two minutes. Remove from heat add salt, vanilla and mix. Then add crisped rice cereal and nuts mix together.

Let cool until you can handle with well buttered hands – roll into balls the size of walnuts and roll in coconut.

Nutrition Facts Per Serving

Servings: 24

Calories:	121.7	Sodium:	30.7 mg
Total Fat:	6.4 g	Potassium:	71.1 mg
Saturated:	3.1 g	Total Carbs:	16.4 g
Polyunsaturated:	0.7 g	Dietary Fiber:	1.0 g
Monosaturated:	2.2 g	Sugars:	13.5 g
Cholesterol:	18.1 mg	Protein:	0.9 g

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