Michele Sodon

MAKE-YOUR-OWN SNACK MIX

MAKING YOUR OWN SNACK MIX CAN BE HEALTHIER AND LESS EXPENSIVE THAN BUYING IT

NUTRITION PER SERVING:

CALORIES	136
PROTEIN	3 G
CARBOHYDRATE	22 G
TOTAL FAT	5 G

PREP TIME:	5 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	½ C SNACK MIX

1 C	TOASTED OAT CEREAL
¼ C	UNSALTED DRY ROASTED PEANUTS (OR OTHER UNSALTED NUT)
¼ C	RAISINS
¼ C	DRIED CRANBERRIES

01 Combine all ingredients, and toss well.

02 Serve immediately, or store for later snacking.

Tip: Put snack mix in individual snack-sized bags for a great grab-and-go snack.

✔ Most children can make this recipe themselves.

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