



Crunchy Snack Mix

Ingredients:

- 1 cup toasted oat cereal
- 2 cups whole grain dry cereal
- 1 cup pretzel sticks
- 1/2 cup peanuts
- 1/2 cup raisins

Directions:

1. Wash hands with warm water and soap.
2. Mix all ingredients together in a bowl.
3. Have fun while snacking.

Nutrition Facts (Per Serving)

Calories, 221; Carbohydrate, 38gm; Protein, 6gm; Total Fat, 6gm;
Saturated Fat, 0.8gm; Trans Fat, 0gm; Cholesterol, 0mg; Fiber, 3.3gm;
Total Sugars, 3gm; Sodium, 566mg; Calcium, 35mg; Folate, 90mcg; Iron,
5.3mg; Percent Calories from Fat, 24%.
Makes 10 servings, about 1/2 cup each

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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