



August 31- Rice Cracker Trail Mix – Happy Trail Mix Day!

Smart Snack

Link: <http://www.diabeticlivingonline.com/recipe/appetizers-snacks/rice-cracker-trail-mix>

Recipe

Ingredients:

- 4 cups assorted rice crackers
- $\frac{3}{4}$ cup dried apricots, halved lengthwise
- $\frac{3}{4}$ cups lightly salted cashews
- $\frac{1}{4}$ cup golden raisins

Directions:

1. Wash hands with warm, soapy water
2. In a medium bowl, stir together rice crackers, dried apricots, cashews, and Raisins. Serve immediately.

Yield 10 servings

Nutrition Facts

Serving Size 1/2 cup (34.37g)
Servings Per Container 10

Amount Per Serving

Calories 140 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 3g **6%**

Vitamin A 8% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.