



December 10- Cinnamon Raisin Breakfast Mix

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/cinnamon-raisin-breakfast-mix>

Recipe

Ingredients:

- ¼ cup sugar
- 1 teaspoon ground cinnamon
- ¼ cup margarine, tub-style
- 1 ½ cups square, whole-grain corn cereal
- 1 ½ cups square, whole-grain rice cereal
- ½ cups square, whole-grain wheat cereal
- ½ cup raisins or dried cranberries

Directions:

1. In small bowl, mix sugar and cinnamon; set aside.
2. In large microwavable bowl, microwave butter uncovered on High about 40 seconds, or until melted.
3. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute.
4. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir.
5. Microwave uncovered 1 minute.
6. Stir in raisins or dried cranberries. Spread on paper towels to cool.

Yield 10 servings

Nutrition Facts	
Serving Size 1/4 cup (35.63g)	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	4%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	6%
Sugars 11g	
Protein 2g	4%
Vitamin A 10%	Vitamin C 6%
Calcium 4%	Iron 30%
* Percent Daily Values are based on a 2,000 calorie diet.	