



December 15- Cereal Nut Mix

Not Smart Snack

Link: http://www.myfitnesspal.com/blog/gin_gin?page=2

Recipe

Directions:

- ½ cup unsweetened miniature shredded wheat cereal
- 1 tablespoon dried cranberries
- 1 tablespoon roasted nuts

Directions:

1. Wash hands with warm, soapy water
2. Combine all ingredients.

Yield 1 serving

Nutrition Facts

Serving Size 1 cup (36.75g)
Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **14%**

Sugars 6g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

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