



December 22- Fiesta Mix

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fiesta-mix>

Recipe

Ingredients:

- 1 cup cereal with fruit
- 1 cup bran cereal (chex type)
- 1 cup cereal ("O" type)
- ¼ cup raisins
- ¼ cup peanuts
- ¼ cup shredded coconut

Directions:

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Yield 4 servings

Nutrition Facts	
Serving Size 1 cup (54.73g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	18%
Sugars 13g	
Protein 5g	9%
Vitamin A 8%	Vitamin C 6%
Calcium 8%	Iron 45%
* Percent Daily Values are based on a 2,000 calorie diet.	