



March 27- Chocolate Crunch Mix

Not Smart Snack

Link: <http://greatist.com/health/high-fiber-snacks>

Recipe

Ingredients:

- 1 cup Chex cereal
- 1 cup pretzel sticks, broken in half
- ¼ cup roasted almonds
- 3 tablespoons melted dark chocolate

Directions:

1. Combine cereal, pretzels, and almonds in bowl.
2. Drizzle chocolate over mixture. Spread mixture on a wax paper-lined baking sheet.
3. Refrigerate until the chocolate sets.

Yield 5 servings

Nutrition Facts

Serving Size 1/2 cup (32.24g)

Servings Per Container 5

Amount Per Serving

Calories 150 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **11%**

Sugars 6g

Protein 3g **7%**

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 30%

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