



November 10- Sweet and Salty Trail Mix

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/sweet-salty-trail-mix>

Recipe

Ingredients:

- 1 ½ cups oat circles cereal
- 1 ½ cups corn squares cereal
- ½ cup whole almonds (chopped)
- ½ cup raisins
- ½ cup small pretzels
- ½ cup chocolate chips

Directions:

1. Mix all ingredients in a large bowl.
2. Store in an airtight container or re-sealable plastic bag.

Yields 10 servings

Nutrition Facts	
Serving Size 1/2 cup (56.19g)	
Servings Per Container 10	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	15%
Sugars 11g	
Protein 6g	12%
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%

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