



November 20- Peanut Snack Mix

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/peanut-snack-mix>

Recipe

Ingredients:

- 1 cup roasted peanuts
- ½ cup chocolate chips
- ½ cup raisins
- ½ cup dried cranberries (if you like)
- 1 cup bite-sized pretzels

Directions:

1. Combine all ingredients together in a large bowl and mix well. If using dried cranberries, add that too.
2. Store in an airtight container.

Yields 10 servings

Nutrition Facts	
Serving Size 1/4 cup (29.9g)	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 3g	7%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	