



## October 20- Roasted Pumpkin Seed Snack Mix

Smart Snack

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

### Recipe

*Ingredients:*

2 cups crispy rice

½ cup roasted whole pumpkin seeds

⅓ cup slivered almonds

½ cup dried cranberries

½ cup raisins

*Directions:*

1. Mix all ingredients together and serve.

Yield 8 servings

### Nutrition Facts

Serving Size 0.5 cup (42.03g)  
Servings Per Container 8

**Amount Per Serving**

**Calories** 200      **Calories from Fat** 90

**% Daily Value\***

**Total Fat** 9g      **15%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 2g      **9%**

Sugars 11g

**Protein** 6g      **12%**

Vitamin A 2%      •      Vitamin C 4%

Calcium 4%      •      Iron 20%

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