



October 25- Snack Mix

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/snack-mix>

Recipe

Ingredients:

- $\frac{3}{4}$ cup toasted oat cereal
- $\frac{3}{4}$ cup whole wheat square cereal
- $\frac{3}{4}$ cup reduced-fat cheese crackers
- $\frac{3}{4}$ cup fun-shaped whole wheat mini pretzels

Directions:

1. Pour cereals, crackers and pretzels into a medium bowl.
2. Stir.
3. Enjoy!

Yield 8 servings

Nutrition Facts	
Serving Size 1/2 cup (49.46g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 5g	10%
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 10%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	