



September 14- Pumpkin Seed Cluster Snack Mix

Smart Snack

Link: <http://www.diabetes.org/mfa-recipes/recipes/pumpkin-seed-cluster-snack-oct2011.html>

Recipe

Ingredients:

- ½ cup salted Pumpkin Seeds
- ¼ cup unsalted peanuts
- 2 cups (about 4 ounces) high-fiber cereal
- ¼ cup golden raisins, or dried cranberries
- 2 tablespoons mini chocolate chips

Directions:

1. Wash hands with warm, soapy water.
2. Place a large nonstick skillet over medium-high heat until hot. Cook the pumpkin seeds and peanuts 2 to 3 minutes or until beginning to lightly brown, stirring frequently. Set aside on paper towel in a thin layer to cook quickly, about 5 minutes.
3. Combine the pumpkin seed mixture with the remaining ingredients.

Yield 9 servings

Nutrition Facts

Serving Size 1/3 cup (32.88g)
Servings Per Container 9

Amount Per Serving

Calories 190 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2.5g **11%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **9%**

Sugars 4g

Protein 8g **15%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

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