



April 1- Nuts and Bolts

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=263>

Recipe

Ingredients:

- 4 cups bite-size shredded wheat
- 1/3 cup melted butter
- 1 1/2 cups pretzel sticks
- 1/2 cup dry roasted peanuts
- 1/2 cup raisins
- Garlic powder

Directions:

1. Spread shredded wheat out in a cake pan. Cover with melted butter and sprinkle garlic powder to taste.
2. Bake at 350°F for 15 minutes. Add pretzel sticks, peanuts and raisins.
3. Keep in airtight container.

Yield 15 servings

Nutrition Facts	
Serving Size 1/4 cup (29.3g)	
Servings Per Container 15	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 80mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	5%
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet.	