



## 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	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 2.5g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 4g	
<b>Protein</b> 8g	<b>15%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	