



## Lifestyle Wellness Academy

### NUTRITION PER SERVING:

<b>CALORIES</b>	136
<b>PROTEIN</b>	3 G
<b>CARBOHYDRATE</b>	22 G
<b>TOTAL FAT</b>	5 G

**PREP TIME:** 5 MINUTES

**COOK TIME:** NONE

**YIELD:** 4 SERVINGS

**SERVING SIZE:** ½ C SNACK MIX

**1 C** TOASTED OAT CEREAL

**¼ C** UNSALTED DRY ROASTED PEANUTS  
(OR OTHER UNSALTED NUT)

**¼ C** RAISINS

**¼ C** DRIED CRANBERRIES



## MAKE-YOUR-OWN SNACK MIX

MAKING YOUR OWN SNACK MIX CAN BE HEALTHIER AND LESS EXPENSIVE THAN BUYING IT

- 01 Combine all ingredients, and toss well.
- 02 Serve immediately, or store for later snacking.

**Tip:** Put snack mix in individual snack-sized bags for a great grab-and-go snack.

✓ Most children can make this recipe themselves.

