



## Art's High-Powered Snack Mix



Chef Art Smith and The Quaker Oats Company

*Keep a small bag of this crunchy snack mix in your bag, and you'll never raid the candy machine again!*

### INGREDIENTS

2 cups old-fashioned oatmeal (uncooked)  
½ cup honey  
½ teaspoon cinnamon  
½ teaspoon salt  
1 cup dried fruit, such as apricots, figs or prunes, sliced julienne style  
½ cup walnuts  
½ cup dry roasted sunflower kernels  
1 cup Life cereal  
1 cup Quaker Oatmeal Squares

### INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. Place oatmeal in large roasting pan. Drizzle with honey, then sprinkle with cinnamon and salt. Pop it into the oven for a minute or two, then stir until the oatmeal is evenly coated. Bake until golden brown, about 20 minutes, stirring every five minutes or so to prevent clumping.
3. Remove from oven, stir in dried fruit, walnuts, sunflower kernels and stir to combine. Add Life and Oatmeal Squares gently toss to mix. Store in air-tight plastic containers.

*For more great oat recipes, visit [The Quaker Oats Company](#).*

**Nutrition facts per serving:** Calories: 310, Fat: 10g, Saturated Fat: 1g, Sodium: 210mg, Carbohydrate: 54g, Fiber: 5g, Protein: 7g **makes:** about 6 cups (8 servings)  
**serving size:** ¾ cup