

Homemade Snack Mix

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Homemade Snack Mix	0	0	0.5	0	75
TOTAL:	0	0	0.5	0	75

Serves: 12

1 Serving size= ½ cup

Ingredients

- 1 C Whole-grain toasted oat cereal
- ¼ C unsalted dry roasted peanuts (or other unsalted nut)
- ¼ C raisins
- ¼ C dried cranberries or raisins

Directions

1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.
3. Put snack mix in individual snack-sized bags for a great grab-and-go snack.