

# Fitness Aspects

For the Body & Mind



## NUTRITION PER SERVING:

CALORIES	136
PROTEIN	3 G
CARBOHYDRATE	22 G
TOTAL FAT	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.

