



A Nutrition Resource

# CREATE YOUR OWN SNACK MIX

**Yield: 8 Servings | Serving Size: 1/2 cup**

**Cost/serving: \$0.33**

## Ingredients:

- 1 cup round corn puffs
- 1 cup checkerboard wheat squares
- 1 cup bite-size wheat, corn, or rice squares
- 1 cup raisins

## Other options

- Other cereals. Look for whole grain, high fiber, low sugar cereals.
- Dried fruit (like raisins, dried cranberries, or dried apricots, pineapple, chopped into small pieces)
- Nuts or seeds (like peanuts or sunflower seeds)
- Pretzels (small twists or sticks)
- A few chocolate chips

## Directions:

- 1) Place all ingredients in a bowl and mix.
- 2) Put 1/2 cup of mix in small plastic bags for a snack on the go!



## Nutrition Facts

Serving Size 0.5 cup (32g)  
Servings Per Container 8

Amount Per Serving

**Calories** 110      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 35mg      **1%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 2g      **8%**

Sugars 15g

**Protein** 2g

Vitamin A 2%      • Vitamin C 2%

Calcium 2%      • Iron 10%

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