



Energy Snack

Ingredients:

- 1 cup Kix TM
- 1 cup wheat Chex TM
- 1 cup Frosted Miniwheats TM
- 1 cup raisins

Directions:

1. Place all cereal and raisins in a bowl and mix.
2. Put ½ cup of mix in a small plastic bag for a snack on the go.

Yields about 8 servings



Nutrition Facts			
Serving Size: 1/2 cup (1.2 ounces)			
Serving per recipe 8			
Amount Per Serving			
Calories 100		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 55mg		2%	
Total Carbohydrate 25g		8%	
Dietary Fiber 2g		8%	
Sugars 13g			
Protein 2g			
Vitamin A 2%		Vitamin C 2%	
Calcium 4%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
0% calories from fat			