

Warren County

Education Center 377 Schroon River Road Warrensburg, NY 12885-4807 Tel: 518 623-3291 518 668-4881 Fax: 518 668-4912

E-mail: warren@cornell.edu Web: www.cce.cornel.edu/warren

Energy Snack

Ingredients:

 $1 \text{ cup Kix }^{\text{TM}}$

1 cup wheat Chex $^{\text{TM}}$

1 cup Frosted Miniwheats $^{\text{TM}}$

1 cup raisins

Eat Smart New York! Eat Better For Less!

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*				ly 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					