

Sweet Snack Mix

Serves: 8

Ingredients

1 cup raisins

½ cup chopped dried apricots

½ cup unsweetened dried apple pieces

1 cup bran cereal flakes

1 cup multi-grain cheerios (or other cereal
of choice)

¼ cup walnut pieces

Directions:

In medium bowl, mix together all ingredients. Place ½ cup servings into small zipper-top plastic bags.

Makes 8 servings.

Per serving: 160 calories, 3 g total fat (0 g saturated fat), 37 g carbohydrates, 3 g protein, 6 g dietary fiber, 80 mg sodium.

