Super-Duper Shakin’ Snack Mix (No Oven Recipe)

Makes 3 servings

What’s In It?
1 cup mini pretzels
1 cup white cheddar cheese or cheese flavored popcorn
1/2 cup puffed wheat or other mini wheat cereal
1/4 cup cashew halves and pieces or peanuts, lightly salted
1/4 cup raisins

Stuff You Need
Large-size bowl
Dry measuring cups
3 re-sealable, sandwich-size plastic bags

How to Put It Together
1. Into a large bowl, dump each ingredient from a dry measuring cup.
2. Toss the ingredients together by shimmyin’ and shakin’ the bowl!
3. Throw the snack mix into 3 re-sealable, sandwich-size plastic bags.
4. Grab it as a speedy snack on the go!

Why It’s Good for You
This snack is a good source of iron, contains fiber, and supplies whole grains (popcorn and wheat cereal).

Nutrition Information Per Serving: 200 Calories, 9g Total Fat, 2g Saturated Fat, 0mg Cholesterol, 460mg Sodium, 27g Total Carbohydrates, 2g Dietary Fiber, 10g Sugars, 5g Protein, 4%DV Vitamin A, 4%DV Vitamin C, 2%DV Calcium, 10%DV Iron

This recipe is adapted with permission from Kidnetic.com.