



## Mix and Go Snack Mix

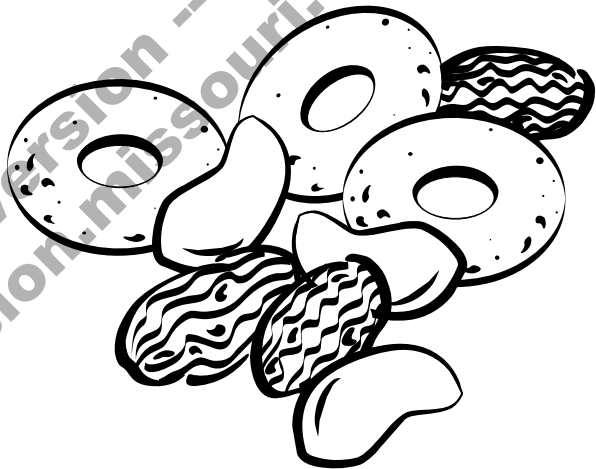
Servings: 6

### Ingredients:

- 1 cup raisins
- 1 cup dry Os whole-grain cereal
- 1 cup unsalted, dry roasted peanuts

### Directions:

1. Wash hands and surfaces.
2. In a medium mixing bowl, mix all ingredients.



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### Nutrition Facts

Amount Per Serving

**Calories** 250

Calories from Fat 110

% Daily Value\*

**Total Fat** 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 40mg **2%**

**Total Carbohydrate** 30g **10%**

Dietary Fiber 4g **16%**

Sugars 21g

**Protein** 7g

Vitamin A 2%

Vitamin C 2%

Calcium 4%

Iron 15%

### Tips:

- Try adding another cereal (especially those approved for WIC), low-fat pretzels, sunflower seeds, soy nuts, coconut or chopped dried fruit.

- ☺ Your children can learn how to measure ingredients with this recipe.
- ☺ Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)