

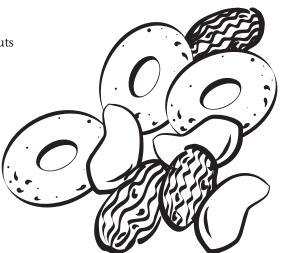
Mix and Go Snack Mix

Servings: 6

1 cup raisins 1 cup dry Os whole-grain cereal

1 cup unsalted, dry roasted peanuts

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



Nutrition F	acts
6 servings per containe Serving size 1/2	r 2 cup (57g
Amount per serving Calories	240
	Daily Value
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 0g Added Sugar	s 0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 390mg	8%
*The % Daily Value tells you how much serving of food contributes to a daily di	

Helpful Tips

- Try adding another cereal (especially those approved for WIC), popcorn, sunflower seeds, soy nuts, coconut or chopped dried fruit.
- Your children can learn how to measure ingredients with this recipe
- Young children can easily choke on foods like nuts, raisins, grapes, popcorn and carrots. This snack is not for children under 4 years.

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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 resource center or go online to mydss.mo.gov/food-assistance