



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 Facts

6 servings per container

Serving size 1/2 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 Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 47mg 4%

Iron 2mg 10%

Potassium 390mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

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