



A Nutrition Resource

CREATE YOUR OWN SNACK MIX

Yield: 8 Servings | Serving Size: 1/2 cup

Cost/serving: \$0.33

Ingredients:

1 cup round corn puffs

1 cup checkerboard wheat squares

1 cup bite-size wheat, corn, or rice squares

1 cup raisins

Other options

- Other cereals. Look for whole grain, high fiber, low sugar cereals.
- Dried fruit (like raisins, dried cranberries, or dried apricots, pineapple, chopped into small pieces)
- Nuts or seeds (like peanuts or sunflower seeds)
- Pretzels (small twists or sticks)
- A few chocolate chips

Directions:

- 1) Place all ingredients in a bowl and mix.
- 2) Put 1/2 cup of mix in small plastic bags for a snack on the go!

Recipe courtesy of Colorado State University Extension.



Nutrition Facts

Serving Size 0.5 cup (32g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 2g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 10%

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.