

Get Moving!

Energy Snack

Makes: 8 (½ cup) servings
 Preparation Time: 5 minutes

Ingredients:

- 1 cup Kix™
- 1 cup Chex™
- 1 cup Frosted Miniwheats™
- 1 cup raisins

Directions:

1. Place all cereal and raisins in a bowl and mix.
2. Put ½ cup of mix in a small plastic bag for a snack on the go!

Be Creative!

Try using Cheerios™ and other WIC approved cereals.

Nutrition Facts	
Serving Size 1/2 cup (33g)	
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 65mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 2g	



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