

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Energy Snack Mix

(Makes 8 servings.)

Ingredients

- 1 c. round corn puffs
- 1 c. checker board wheat squares
- 1 c. frosted bite-size wheat, corn or rice squares
- 1 c. raisins

Directions:

1. Place all cereal and raisins in a bowl and mix.
2. Put $\frac{1}{2}$ cup of mix in a small container for a snack on the go!

Nutrition info: Serving size: 1/2 cup, Calories: 120, Total Fat: 0.5 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 65 mg, Total Carbohydrate: 29 g, Dietary Fiber: 3 g, Sugars: 14 g, Protein: 2 g.

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