



### *Munchy Mix*

- 1 1/2 cups lightly sweetened cereal made with whole grain
- 1 cup mini pretzels
- 1 cup reduced-fat cheese crackers
- 1/4 cup raisins

**Directions:**

Measure each ingredient and place in a medium bowl or large plastic bag. Stir or shake gently to combine ingredients and break up clumps of raisins. Makes 4 cups. Divide into 1/2 cup portions and store in zip top sandwich bags.



### *Munchy Mix*

- 1 1/2 cups lightly sweetened cereal made with whole grain
- 1 cup mini pretzels
- 1 cup reduced-fat cheese crackers
- 1/4 cup raisins

**Directions:**

Measure each ingredient and place in a medium bowl or large plastic bag. Stir or shake gently to combine ingredients and break up clumps of raisins. Makes 4 cups. Divide into 1/2 cup portions and store in zip top sandwich bags.



## Nutrition Facts

---

Servings Per Recipe: 8

Amount Per Serving: 1/2 cup

Calories 91 13% of total calories from fat

Total Fat 1g Sodium 214mg

\*Vitamin A 2% \*Vitamin C 0%

\*Calcium 2% \*Iron 7%

\* Percentage Daily Values

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION

Issued in furtherance of Cooperative Extension work, Act of May 8 and June 30, 1914, The University College of Agriculture and Environmental Sciences and the U.S. Department of Agriculture cooperating. J. Scott Angle, Dean and Director  
Gail Hanula, EdS, RD, LD, EFNEP Nutrition Specialist

July 2006

Publication Number FDNS-NE-761

## Nutrition Facts

---

Servings Per Recipe: 8

Amount Per Serving: 1/2 cup

Calories 91 13% of total calories from fat

Total Fat 1g Sodium 214mg

\*Vitamin A 2% \*Vitamin C 0%

\*Calcium 2% \*Iron 7%

\* Percentage Daily Values

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION

Issued in furtherance of Cooperative Extension work, Act of May 8 and June 30, 1914, The University College of Agriculture and Environmental Sciences and the U.S. Department of Agriculture cooperating. J. Scott Angle, Dean and Director  
Gail Hanula, EdS, RD, LD, EFNEP Nutrition Specialist

July 2006

Publication Number FDNS-NE-761