

# Fiesta Snack Mix

Serving Size: 1/4 of recipe

Yield: 4 servings

## Ingredients:

- 1 cup cereal with fruit
- 1 cup "chex" type bran cereal
- 1 cup "O" type cereal
- 1/4 cup raisins
- 1/4 cup peanuts
- 1/4 cup shredded coconut



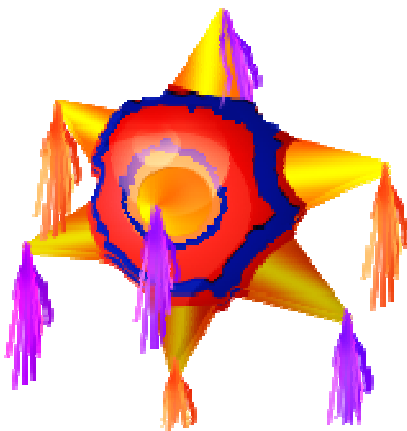
## Instructions:

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

## Cost:

Per Recipe: \$ 1.12

Per Serving: \$ 0.28



Nutrition Facts	
Serving Size 1/4 of recipe (49g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 80</b>
	% Daily Value*
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 3g	12%
Sugars 11g	
<b>Protein 5g</b>	
Vitamin A 8%	• Vitamin C 6%
Calcium 8%	• Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

