Energy Snack  
Makes 8 servings

Ingredients:
1 cup Kix™
1 cup Chex™
1 cup spoon size Shredded Wheat
(or use 3 cups of any unsweetened cereal you have in your cupboard)
1 cup raisins

Directions:
1. Place Kix, Chex, Shredded Wheat and raisins in a bowl and mix.
2. Put ½ cup of mix in a small plastic bag for a snack on the go!

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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