Energy Snack

Makes 8 – ½ cup servings

Ingredients:
1 cup Kix™
1 cup Chex™
1 cup Frosted Miniwheats™
(or use 3 cups of any unsweetened cereal you have in your cupboard)
1 cup raisins

Directions:
1. Place Kix, Chex, Frosted Miniswheat 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