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 Miniwheats 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