Energy Snack

Ingredients:
- 1 cup Kix™
- 1 cup wheat Chex™
- 1 cup Frosted Miniwheats™
- 1 cup raisins

Directions:
1. Place all cereal and raisins in a bowl and mix.
2. Put ½ cup of mix in a small plastic bag for a snack on the go!

Yields about 8 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

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**Nutrition Facts**

8 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/8th of Recipe</th>
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<tbody>
<tr>
<td>(37g)</td>
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<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 130</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
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Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 0mg 0%
Sodium 70mg 3%

Total Carbohydrate 30g 11%
Dietary Fiber 1g 4%
Total Sugars 17g 5%
Includes 1g Added Sugars 2%

Protein 2g

Vitamin D 0mcg 0%
Calcium 48mg 4%
Iron 6mg 35%
Potassium 215mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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