

# **Make Your Own Snack Mix**

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=10&rId=164>

## **Ingredients**

- 1 cup toasted oat cereal
- ¼ cup unsalted dry roasted peanuts (or other unsalted nut)
- ¼ cup raisins
- ¼ cup cranberries

## **Instructions**

1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.

**Makes 4 servings**

## **Nutrition information per serving**

Calories: 136	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 75 mg
Saturated Fat: 1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 22 g

