

# Mix-and-Match Snack Attack

## What You'll Need

Make your own snack by mixing together five ingredients from the list below. For the best-tasting snack, pick ingredients from both groups.

### Slightly Sweet

- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1/2 cup dried apricots
- 1/2 cup chocolate chips
- 1/2 cup Honey Nut Cheerios
- 1/2 cup Wheat Chex
- 1/2 cup low-fat granola
- 1 cup low-fat kettle corn popcorn
- 1/2 cup Frosted Mini-Wheats

### Slightly Salty

- 1 cup mini pretzel sticks or squares
- 1 cup low-fat popcorn
- 1/4 cup sunflower seeds
- 1/4 cup peanuts or soy nuts

## Sample Snack Attack

### What You'll Need

- 1/2 cup dried cranberries
- 1/2 cup Honey Nut Cheerios
- 1 cup low-fat kettle corn popcorn
- 1 cup mini pretzel sticks or squares
- 1/4 cup sunflower seeds

### Let's Cook!

- 1 Mix five ingredients together in a resealable bag or a container.

### Nutrition Facts

Serving Size (43g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 14g	
<b>Protein</b> 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 10%

Nutrition Facts are for one serving of Sample Snack Attack.

Serves 4

