



Ingredients:

4 cups whole wheat natural cereal2 cups pretzel twists1 cup raisins

1 cup dried fruit

Equipment:

Measuring cups Mixing bowl

Number of Servings: 8 Preparation Time: 5 minutes Total time: 5 minutes

Recipes

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Directions

- 1. Combine all ingredients and mix well.
- 2. Store in an airtight container.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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