


Break-Time Snack Mix

EASY | RECIPE

Pack along this high-energy, low-sodium treat.

- 1 cup **corn cereal squares**
- 1 cup **almonds**, unsalted
- 1 cup **pumpkin seeds**, unsalted
- 1 cup **dried cranberries**
- ½ cup **raisins**
- ½ cup **dried apricots**, chopped
- ½ cup shelled **pistachio nuts**, unsalted



Toss all ingredients together in a large bowl. Refrigerate in tightly sealed baggies.

Makes 5 cups (20 servings). Per ¼-cup serving:

139 calories | 4g protein | 8.4g fat | 1g saturated fat | 0mg cholesterol | 14.7g carbohydrate
| 9g sugar | 2.5g fiber | 14mg sodium

Note: Nutrient counts are estimates only as exact contents of the mix will vary per serving.