

CNS STAFF RECIPES

SHARON FARQUHAR

Sweet Snack Mix

Ingredients:

1 cup Raisins

½ cup Chopped Dried Apricots

½ cup Unsweetened Dried Apple Pieces

1 cup Bran Cereal Flakes

1 cup Multi-grain Cheerios (or other cereal of choice)

¼ cup Walnut Pieces

Directions:

In medium bowl, mix together all ingredients. Place ½ cup servings into small zipper-top plastics bags.

Makes 8 servings.

Per Serving: 160 calories, 3 g total fat (0 g saturated fat), 37 g carbohydrates, 3 g protein, 6 g dietary fiber, 80 mg sodium