



Super-Duper Shakin' Snack Mix



About This Recipe

Serves: 3

Mess Rating: 1 (out of 5)

Prep Time: 5 minutes

Cook Time: none

Total Time: 5 minutes

Equipment

1 Large Bowl

3 resealable sandwich bags

Ingredients

1 cup mini pretzels

1 cup cheese flavored popcorn

1/2 cup puffed wheat or other mini wheat cereal

1/4 cup cashew halves or your favorite nut

1/4 cup raisins

Setting Up:

Step 1: Mix Ingredients

Toss all ingredients together in a large bowl and mix thoroughly.

Step 2: Divide Snacks

Divide snack mix into 3 resealable sandwich-size plastic bags.

Step 3: Grab and Go!

Grab it as a speedy snack on the go!

Nutrition Information:

Calories: 173 kCal

Protein: 4 grams

Fat: 6 grams

Saturated Fat: 1 gram

Sugars: 8 grams

Sodium: 216mg

