

Eat Smart • Move More

Apple Spice Raisin Snack Mix

Prep Time: 5 minutes

Total Time: 25 minutes



Ingredients

- 3 cups square wheat cereal
- 1 tablespoon sugar
- 2 teaspoons apple pie spice
- Nonstick cooking spray
- 1 cup raisins
- ¾ cup unsalted dry-roasted peanuts

Nutrition Facts

8 servings per container	
Serving size	1 serving
	(56.65g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 2g of Added Sugars	4%
Protein 6g	
Vitamin D 1mcg	2%
Calcium 65mg	4%
Iron 8mg	45%
Potassium 311mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Try pecans, almonds, mixed nuts, or sunflower seeds, in place of the peanuts.
- ▶ Try this snack mix as a quick and easy snack on-the-go.
- ▶ Apple pie spice not available? Create your own by mixing ground cinnamon, ground nutmeg, and allspice together.

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Directions

- Heat oven to 250°F.
- In a mixing bowl, add the square wheat cereal, sugar, and apple pie spice. Mist with nonstick cooking spray and toss gently until evenly coated.
- Line a baking sheet with aluminum foil. Spray the foil with nonstick cooking spray, coating it evenly.
- Pour ingredients onto the baking sheet and spread out into a single layer.
- Bake for 18 minutes, stirring once.
- Stir in raisins and nuts.
- Let cool completely. Store in an airtight container.

(Recipe from: <https://www.myrecipes.com>.)

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