



Get Moving!



EFNEP

Expanded Food and Nutrition Education Program

Energy Snack

Makes: 8 (½ cup) servings
Preparation Time: 5 minutes

Ingredients

- 1 cup Kix™
- 1 cup Chex™
- 1 cup Frosted Miniwheats™
- 1 cup raisins

Directions

1. Place all cereal and raisins in a bowl and mix.
2. Put ½ cup of mix in a small plastic bag for a snack on the go!

Be Creative!

Try using Cheerios™ and other WIC approved cereals.

Nutrition Facts

Serving Size 1/2 cup (33g)
Servings Per Container 8

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 2g

