

O's Cereal On-the-Go Snack Mix Snack of the Month July - 2014



Snack attack? Nutrient-rich Multi-Grain O's cereal brings nutrition to this whole grain and fruity snack.

Prep Time: 10 Min

Start to Finish: 10 Min

Makes: 6 servings

INGREDIENTS

1 bag (3 oz.) butter-flavor 94% fat-free microwave popcorn, popped (about 12 cups)

2 cups Multi-Grain O's cereal

1 teaspoon ground cinnamon

1/2 cup diced dried fruit and raisin mixture

DIRECTIONS

1. In large bowl, toss popcorn, cereal and cinnamon. Add fruit and raisin mixture; toss.
2. Store snack mix loosely covered.

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	120	Calories from Fat:	10
Total Fat:	1 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	200 mg	Total Carbohydrate:	25 g
Dietary Fiber:	3 g	Sugars:	8 g	Protein:	2 g



This recipe is adapted from WWW.eatbetterearly.com