



Recipe of the Month

Hearty Munch Mix for December 2011

INGREDIENTS

- 2 cups "O" shaped cereal
- 2 cups Multi-Grain "O" shaped cereal
- 2 cups pretzel nuggets
- 1/2 cup yogurt-covered raisins
- 1 bag (7 oz) diced dried fruit and raisin mixture



DIRECTIONS

1. In medium bowl, mix ingredients.
2. Store in resealable plastic bag or tightly covered container. **15 servings (about 1/2 cup each)**

Nutritional Information per Serving:

Calories 170 (Calories from fat 20); Total Fat 2½ g (Saturated fat 1½ g); Cholesterol 0 mg;
Sodium 180 mg; Total Carbohydrate 36 g; Dietary Fiber 5 g; Protein 2 g

