

Roasted Pumpkin Seed Snack Mix

Rating: ★★★★★

Makes: 8 Servings

Ingredients

2 cups crispy rice or wheat cereal squares

1/2 cup roasted whole pumpkin seeds

1/3 cup slivered almonds

1/2 cup dried cranberries

1/2 cup raisins

Directions

1. Mix all ingredients together and serve.

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Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 194 | |
| Total Fat | 10 g | 15% |
| Protein | 6 g | |
| Carbohydrates | 25 g | 8% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 1 g | 5% |
| Sodium | 93 mg | 4% |

MyPlate Food Groups

| | |
|---------------|-----------|
| Fruits | 1/4 cup |
| Grains | 1/2 ounce |
| Protein Foods | 2 ounces |