

Fiesta Mix

Makes: 4 servings

Serve this mix of cereal, raisins, peanuts, and coconut at your next get-together.

Ingredients

- 1 cup** cereal with fruit (flakes with raisins type)
- 1 cup** bran cereal (chex type)
- 1 cup** cereal ("O" type)
- 1/4 cup** raisins
- 1/4 cup** peanuts
- 1/4 cup** shredded coconut

Directions

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Oregon State University Cooperative Extension Service, Pictorial Recipe Program

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 210 |
| Total Fat | 9 g |
| Saturated Fat | 4 g |
| Cholesterol | 0 mg |
| Sodium | 150 mg |
| Total Carbohydrate | 32 g |
| Dietary Fiber | 4 g |
| Total Sugars | 11 g |
| Added Sugars included | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |

N/A - data is not available