

COUNT YOUR STEPS

Crispix Mix® Summer Afternoon Snack Mix (makes 20, 1/2 cup servings)

- 6 cups Crispix®
- 2 cups small pretzels
- 1 cup raisins
- 1 cup peanuts

Combine all ingredients. Store in airtight container.



Per serving: Calories 120 (Calories from fat 35); Total Fat 4g (Saturated Fat 0.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 150 mg; Total Carbohydrate 19g; Dietary Fiber 2g; Sugars 7g; Protein 3g; Calcium 2%DV; Iron 2%DV.
(Source: kelloggs.com)

