

Grains RECIPE HANDOUT

Toss Up Snack

EQUIPMENT/ SUPPLIES

- Small bowls
- Measuring cups
- 2 reusable zip-lock bags

INGREDIENTS FOR 2 SERVINGS (2 bags of mix)

- 1 cup whole-grain corn and rice cereal
- 1/2 cup dried apples
- 1/4 cup dried cranberries
- 1/2 cup roasted peanuts or soy nuts (for those with nut allergies)

DIRECTIONS

Measure each ingredient as follows, and place in the baggie:

1/2 cup whole-grain corn and rice cereal

1/4 cup dried apples

1/8 cup cranberries

1/4 cup roasted peanuts or soy nuts

Toss the bag and shake it side to side to create a mix.

This is a great snack to take on the go!

