



## Apple Spice Raisin Snack Mix

### Ingredients

- 3 cups square wheat cereal
- 1 tablespoon sugar
- 2 teaspoons apple pie spice
- Nonstick cooking spray
- 1 cup raisins
- ¾ cup unsalted, dry-roasted peanuts

### **You will also need:**

Aluminum foil

### Directions

1. Heat oven to 250°F.
2. In a mixing bowl, add the square wheat cereal, sugar, and apple pie spice. Mist with nonstick cooking spray and toss gently until evenly coated.
3. Line a baking sheet with aluminum foil. Spray the foil with nonstick cooking spray, coating it evenly.
4. Pour ingredients onto a baking sheet and spread out into a single layer.
5. Bake for 18 minutes, stirring once.
6. Stir in raisins and nuts.
7. Let cool completely. Store in an airtight container.

### Nutrition Facts

Serving Size 1 serving (64.78g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 270    **Calories from Fat** 100

% Daily Value\*

**Total Fat** 11g    **17%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 180mg    **8%**

**Total Carbohydrate** 39g    **13%**

Dietary Fiber 5g    **20%**

Sugars 16g

**Protein** 9g

Vitamin A 6%    •    Vitamin C 6%

Calcium 8%    •    Iron 50%

\* Percent Daily Values are based on a 2,000 calorie diet.