

## Almond Snack Mix



### Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried **apricot halves**, cut into pieces OR 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

### Directions

1. Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
2. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

**Cooking Tip:** If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it

Nutrition Facts	
<b>Calories</b>	174
<b>Total Fat</b>	6.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	4.0 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	72 mg
<b>Total Carbohydrate</b>	29 g
Dietary Fiber	5 g
Sugars	14 g
<b>Protein</b>	4 g

Dietary Exchanges  
1 starch, 1 fruit, 1 fat