Munchy Mix

1 1/2 cups lightly sweetened cereal made with whole grain
1 cup mini pretzels
1 cup reduced-fat cheese crackers
1/4 cup raisins

Directions:
Measure each ingredient and place in a medium bowl or large plastic bag. Stir or shake gently to combine ingredients and break up clumps of raisins. Makes 4 cups. Divide into 1/2 cup portions and store in zip top sandwich bags.
Nutrition Facts

Servings Per Recipe: 8
Amount Per Serving: 1/2 cup
Calories 91  13% of total calories from fat
Total Fat 1g  Sodium 214mg
*Vitamin A 2%  *Vitamin C 0%
*Calcium 2%  *Iron 7%
* Percentage Daily Values