

MUNCHIE MIX

PREHEAT: nothing

PAN: none

- 1/2 cup soy nuts, honey roasted
- 1/2 cup nuts of choice, raw and chopped
- 1/2 sunflower seeds, raw
- 1/2 cup dried cranberries
- 1/2 cup whole grain pretzel sticks
- 1/2 cup cereal of choice (healthy version - additive-free)

Combine in bowl. Mix together and serve.

OPTION: replace dried cranberries with raisins or add other dried fruit

3+ COLORS: tan, brown, red (+option color)

FOOD CIRCLES: nuts, seeds, fruit, grains

Number of Servings: 6+

Serve with: Fresh fruit, smoothie, water

Comments: EASY! Kids love to munch on this. (mother of two)

GROCERY LIST

- soy nuts, honey roasted
- raw nuts of choice, chopped
- sunflower seeds, raw
- dried cranberries
- whole-grain pretzel sticks
- cereal , additive-free (healthy version)