

FRUIT & NUT MUNCH MIX

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/3 cup

Nutrition (per serving)

Calories: 125

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 85 mg

Total Carbohydrate: 16

Dietary Fiber: 3 g

Protein: 2 g

Ingredients

1/4 cup margarine, melted

1/4 cup firmly packed brown sugar

1/2 tsp cinnamon

4 cups toasted oatmeal squares cereal

1 cup almonds

1 cup dried cranberries

Directions

Preheat oven to 300°F. Place cereal in a large bowl. In a separate small bowl mix margarine, brown sugar and cinnamon and pour over cereal. Toss lightly and spread in a single layer on a greased cookie sheet. Bake 5 minutes. Remove from oven; stir in almonds. Return to oven; bake 5-10 more minutes, until lightly browned. Cool completely. Add cranberries; toss lightly.