



Show Me Nutrition: Building My Body Lesson 1

Energy Snack

Makes: 8 (½ cup) servings

Preparation Time: 5 minutes

Ingredients

1 cup Kix™

1 cup Chex™

1 cup Frosted Miniwheats™

1 cup raisins

Directions

1. Place all cereal and raisins in a bowl and mix.
2. Put ½ cup of mix in a small plastic bag for a snack on the go!

Nutrition Facts	
Serving Size 1/2 cup (33g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 2g	



Enseña Me Nutrión: Construyendo Mi Cuerpo Lección 1

Bocadillo energizante

Rinde: 8 porciones de ½ taza cada una
Tiempo de preparación: 5 minutos

Ingredientes

- 1 taza de cereal Kix™
- 1 taza de cereal Chex™
- 1 taza de cereal Frosted Miniwheats™
- 1 taza de pasas

Preparación

1. Coloque los cereales y las pasas en un tazón y mèzclelos.
2. Vacíe ½ taza de la mezcla en una bolsita para el camino

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