



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 |
| <hr/> | |
| | % 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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