Breakfast in a Bag

Ingredients

1 cup chex type cereal
1 cup cheerios cereal
1/4 cup raisins
1/4 cup dried cranberries (crasins)
1/4 cup almonds or walnuts

Directions

1. Put all ingredients in a bowl and toss to mix.
2. Divide mixture in half and place in two baggies.
3. Enjoy!

Makes 2 servings

Nutrition information per serving (1 cup):
320 calories, 10g fat, 7g protein
54g carbohydrates, 280mg sodium