

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. 3. Enjoy!

Makes 2 servings

*Nutrition information per serving
(1 cup):*

*320 calories, 10g fat, 7g protein
54g carbohydrates, 280mg sodium*