

## Tasty Trail Mix



To make 4 (1 cup) servings, combine:

- 2 cups low-fat microwave popcorn
- 1  $\frac{1}{2}$  cups honey nut cheerios
- $\frac{1}{2}$  cup raisins
- $\frac{1}{4}$  cup honey roasted soy nuts\*
- $\frac{1}{4}$  cup dark chocolate chips

\*Roasted soy nuts can usually be found in the produce aisle at any supermarket

Nutrition Information, per serving: 200 calories, 6g fat (2.5g saturated fat), 0 cholesterol, 150mg sodium, 36g carbohydrate, 4g fiber, 5g protein.

Snack on a serving of this trail mix when you get the urge for 'munchies' between meals. The whole grains will give you an energy boost and the protein and fiber will keep you satisfied, keeping your hunger in check.

Compare the cost and calories of common snack items on campus...

<u>Snack Item</u>	<u>Cost (per serving)</u>	<u>Calories (per serving)</u>
Tasty Trail Mix	\$0.40	180
Potato Chips (1.5 oz)	\$1.00	225
Peanut M&M's (1.69 oz)	\$0.80	250
Snickers Bar (2 oz)	\$0.80	270
Grandma's Cookies (2)	\$1.00	360