

Roasted Pumpkin Seed Snack Mix

Makes: 8 Servings

Ingredients

2 cups crispy rice or wheat cereal squares

1/2 cup roasted whole pumpkin seeds

1/3 cup slivered almonds

1/2 cup dried cranberries

1/2 cup raisins

Directions

1. Mix all ingredients together and serve.

Source: Regional Mental Health Center. Regional Mental Health C

Nutrition Information	
Nutrients	Amount
Calories	194
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	93 mg
Total Carbohydrate	25 g
Dietary Fiber	3 g
Total Sugars	11 g
Added Sugars included	5 g
Protein	6 g
Vitamin D	0 IU
Calcium	81 mg
Iron	5 mg
Potassium	225 mg
N/A - data is not available	

MyPlate Food Groups