

## Breakfast in a BAG

2 Servings

### *What you need:*

- 1 C wheat chex cereal
- 1 C cheerios cereal
- 1/4 C raisins
- 1/4 C dried cranberries (craisins)
- 1/4 C almonds or walnuts

### *All you do:*

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

This makes a quick and healthy breakfast on the run, especially when you wash it down with a glass of low-fat milk or 100% fruit juice.

Nutrition information per serving: 320 calories, 10 g fat\*, 1 g saturated fat, 54 g carbohydrate, 7 g dietary fiber, 15 g sugar, 280 mg sodium, 7 g protein.

