

KiK it UP!

Level B - Lesson 3

Toss Up Snack Mix



INGREDIENTS

- 1/2 cup whole grain crispy corn cereal squares
- 2 tablespoons dried apples
- 2 tablespoons dried cranberries
- 2 tablespoons roasted peanuts, unsalted

Makes 1 serving

EQUIPMENT

- Small Bowl
- Measuring Cups
- Knife
- Spoon

DIRECTIONS

1. Wash hands and surfaces.
2. Mix all ingredients together in a bowl.
3. Enjoy!

