



# Energy Snack

**Servings:** 8

**Serving Size:** ½ cup

## Ingredients:

- 1 cup round corn cereal puffs
- 1 cup wheat squares cereal
- 1 cup frosted bite-sized wheat, corn, or rice square cereal
- 1 cup raisins

## Directions:

1. Place all cereal and raisins in a small bowl and mix.
2. Put ½ cup of mix in a small plastic bag for a snack on the go.

## Nutrition Facts

Serving Size 1/2 cup (37g)  
Servings Per Container 8

Amount Per Serving

**Calories 130**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 30g**      **10%**

Dietary Fiber 3g      **12%**

Sugars 17g

**Protein 2g**

Vitamin A 4%      • Vitamin C 2%

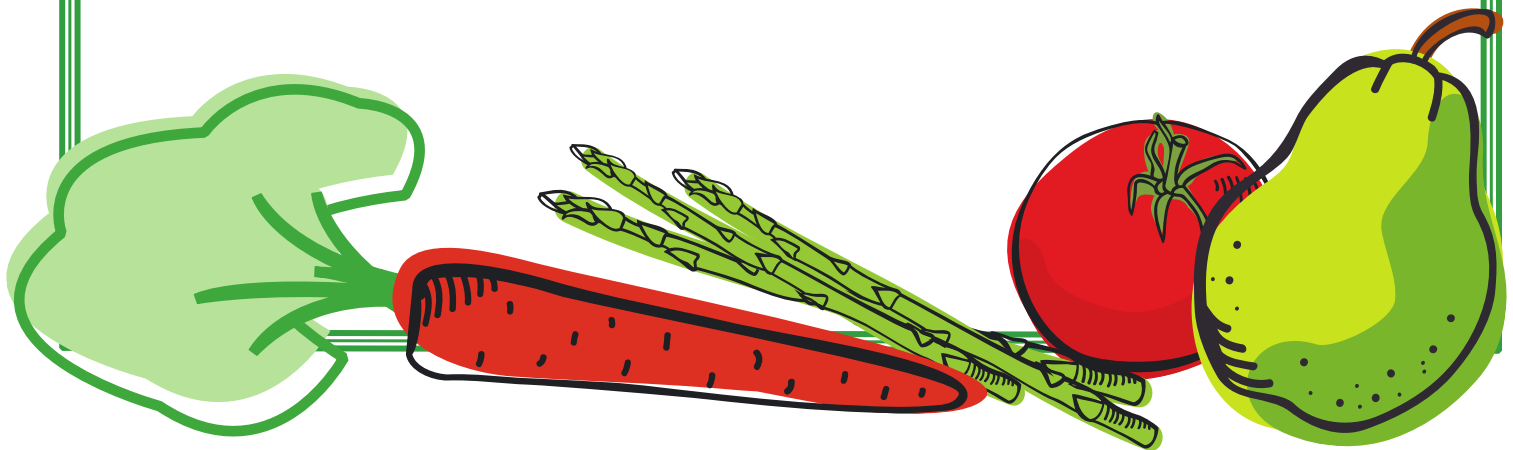
Calcium 4%      • Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.



UNIVERSITY OF  
**MARYLAND**  
EXTENSION  
*Solutions in your community*