

SILLY SNACK MIX

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Prep time: 5 minutes

Servings: 4

Serving size: 1/4 cup
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This snack mix is full of tail-waggity goodness with fruits, nuts, and more! That's why Dasha Dog can't help but bark for joy every time she has it.



Dasha Dog

INGREDIENTS:

- 1/2 cup dried fruit of your choice
- 1/2 cup nuts, such as walnut pieces, slivered almonds, or pistachios
- 1/2 cup small, whole-grain snack crackers or pretzels

Notes:

You can vary the mix by adding some of your favourite ingredients. Try adding whole grain cereal (squares or Os work best), shaved coconut, or puffed whole grain rice.

Use single-serving bags or containers to take this snack mix recipe on the go.

EQUIPMENT AND SUPPLIES:

- Large bowl
- Measuring cups
- Large spoon

Adult supervision required.

DIRECTIONS:

1. Measure out ingredients.
2. Combine in large bowl.

Nutrition Facts Serv. Size ¼ of recipe 65g (64g), Amount Per Serving: **Calories** 251, Fat Cal. 87, **Total Fat** 10g (16% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 344mg (14% DV), Total Carb. 38g (13% DV), Fiber 4g (15% DV), Sugars 1g, Protein 5g, Vitamin A (12% DV), Vitamin C (2% DV), Calcium (3% DC), Iron (13% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

