

Power Snack Mix



Dried fruit is high in carbs so using a little bit, like in this recipe, can be a good way to add a sweet and fruity taste without too many carbs.

Nutrition Facts

Recipe makes 6 servings

Calories: 165	Dietary Fiber: 3 g
Fat: 10 g	Sodium: 20 mg
Carbohydrate: 17 g	Protein: 4 g
Cholesterol: 0 mg	

Source: American Diabetes Association

For more healthy recipes, visit:

<http://www.diabetes.org/mfa-recipes>

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Ingredients

- 1 cup toasted, multi-grain cereal
- 3 tablespoons mini-chocolate chips
- 3/4 cup almonds
- 1/3 cup dried cherries

Directions

1. In a medium bowl, mix together all ingredients.
2. Portion mix into 1/2 cup servings.