

Fiesta Mix

Yield 4 servings

Ingredients

1 cup	cereal with fruit
1 cup	"chex" type bran cereal
1 cup	"O" type cereal
1/4 cup	raisins
1/4 cup	peanuts
1/4 cup	shredded coconut

Instructions

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Cost

Per recipe: \$2.10
Per serving: \$0.52

Source

Oregon State University Cooperative Extension Service, Pictorial Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Nutrition Facts	
Serving Size 1/4 of recipe (49g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 5g	
Vitamin A 10%	• Vitamin C 6%
Calcium 6%	• Iron 35%
*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	