

# COUNT YOUR STEPS

## Banana-Cinnamon Snack Mix (makes 14, 1/2 cup servings)

- 2 cups Banana Nut Cheerios® cereal
- 1 cup Cinnamon Chex® cereal
- 1 cup fat-free small pretzel twists
- 1/2 cup walnut halves
- 1 egg white
- 1 Tbs orange juice or water
- 1/3 cup sugar
- 1/2 tsp ground cinnamon
- 4 cups popped 94% fat-free microwave popcorn (any flavor)
- 1 cup crispy apple chips (from 2.5-oz bag) broken into pieces



Heat oven to 300°F. Spray large roasting pan with cooking spray or grease with shortening. In large bowl, mix cereals, pretzels and walnuts; set aside. In medium bowl, beat egg white, orange juice, sugar and cinnamon with wire whisk until well blended. Pour over cereal mixture, stirring until evenly coated. Stir in popcorn. Spread in pan. Bake 25 to 30 minutes, stirring every 10 minutes, until light brown and crisp. Remove from oven; stir in apple chips. Cool completely, about 10 minutes. Substitution: Use your favorite nut or nut combo in place of walnuts.

**Per serving:** Calories 120 (Calories from fat 30); Total Fat 3 1/2g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 130 mg; Total Carbohydrate 19g; Dietary Fiber 1g; Sugars 8g; Protein 2g; Vitamin A 4%DV; Vitamin C 4%DV; Calcium 4%DV; Iron 10%DV.

(Source: cheerios.com)

