



ALMOND SNACK MIX

February 16

National Almond Day

INGREDIENTS

- ½ Cup Almonds
- 1 Cup Granola
(6 grams or less sugar per ounce)
- ¼ Cup Dried Apricot Halves (cut into pieces)
- ½ Cup Raisins
- ¼ Cup Dried Cranberries

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Spread the almonds in a single layer on an ungreased baking sheet.
3. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking.
Transfer to a plate to cool completely.
4. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

2½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	⅓ Cup	⅔ Cup	⅔ Cup