

ROASTED PUMPKIN SEED SNACK MIX

INGREDIENTS

2 cups crispy rice or wheat cereal squares

1/2 cup roasted whole pumpkin seeds

1/3 cup slivered almonds

1/2 cup dried cranberries

1/2 cup raisins

DIRECTIONS

Mix all ingredients together and serve.

Makes 8 servings.



Wishing you a healthy Halloween.

For more tips visit elpasocountyhealth.org.