

# RECIPE

## Take-a-Break Snack Mix

Start to Finish: 20 minutes Servings: 10

### Ingredients:

Cooking spray  
¼ cup sliced almonds  
1 tablespoon light brown sugar  
2 teaspoons water  
1/4 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
2 cups whole-grain oat cereal with yogurt-flavored coating  
2 cups whole-grain wheat and bran flakes with raisins  
1/2 cup dried unsweetened cranberries  
1/2 cup dried unsweetened blueberries

### Directions:

1. Put a piece of aluminum foil on a platter or baking sheet. Lightly spray with cooking spray. Set aside.
2. In a small nonstick skillet, dry-roast the almonds over medium heat for 2-3 minutes, or until lightly golden brown, stirring occasionally.
3. Stir in the brown sugar, water, cinnamon and nutmeg. Cook for 1-2 minutes, or until the liquid has evaporated and the almonds are coated with the mixture, stirring constantly. Transfer to the foil. Let cool completely, 15-20 minutes.
4. Meanwhile, in a medium bowl, stir together the remaining ingredients.
5. Add the cooled almonds to the cereal mixture, stirring to combine. Store in an airtight container.

### Nutrition Information Per Serving:

139 Calories; 2 g Total Fat; 0.5 g Saturated Fat; 1 g Monosaturated Fat; 0.5 g Polyunsaturated Fat; 0 mg Cholesterol; 4 g Fiber; 124 mg Sodium; 28 g Carbohydrates; 2 g Protein; 15 g Sugar.

*This information is courtesy of the American Heart Association, an independent company that offers health education information on behalf of your health plan.*

