

Healthy Hits

Power Snack

Trail mix is full of healthful stuff, but not always low calorie. Hold yourself to 1/4 cup or about a handful. Pack in small bags or containers for take-along.

Balancing Act

Sweet ingredients (fruit, chocolate) give a quick energy boost, while protein-rich ones (nuts, beef jerky) help sustain your energy for hours.

Fit To Be Dried

Sulfur dioxide is often used to preserve dried fruit's soft texture and bright color. The natural unsulfured kind is more flavorful, though, so opt for that if you can find it.



Mix and Match Possibilities

Raisins	Macadamia Nuts
Dried Pineapple	Mini Shredded Wheat
Turkish figs	Oyster Crackers
Banana chips	Peanut Butter Chips
Dried mango	Pumpkin Seeds
Chopped dates	Sesame Sticks
Whole roasted almonds	Shredded Coconut
Walnuts	Smoked Almonds
Shelled pistachios	Toasted Pine Nuts
Cashews	Yogurt Covered Raisins
Pecans	Grape Nuts Cereal
Crystallized ginger	Bagel Chips
Shelled sunflower seeds	Candied Orange Peel
M&Ms	Dehydrated Apple Chunks
Chex cereal	Animal Crackers
Reese's Pieces	Dried cherries
Mini pretzels	Dried blueberries



FOOD BANK OF SIOUXLAND

1313 11th Street
P.O. Box 985
Sioux City, IA 51102
Phone: 712-255-9741
Fax: 712-255-3116
E-mail: www.siouxlandfoodbank.org

FOOD BANK OF SIOUXLAND

Great Granolas are Super Snacks To Pack



EASY RECIPES AND TIPS

Tel: 712-255-9741

Granola Snack Recipes

Morocco Mix

1 cup salted roasted almonds • 1/2 cup chopped dried apricots • 1/2 cup golden raisins • 1/2 cup broken wheat crackers • 1/8 tsp. cinnamon • generous pinch salt

» Makes 2 1/2 cups

Choco-Corn

2 cups salted popcorn • 1 cup dark chocolate, roughly chopped • 1 cup salted roasted pistachios • 2 tsp. cocoa powder • generous pinch salt

» Makes 4 cups

Kids Krunch

1 cup peanut butter puff cereal • 1 cup yogurt-covered pretzels, broken into bite-size pieces • 1/2 cup dried fig pieces or raisins • 1/2 cup salted sunflower seeds

» Makes 3 cups



Protein Power

1/2 cup sliced beef jerky • 1/2 cup store bought or home made kale chips • 1/2 cup salted roasted pecans • 1/2 cup rice crackers, broken into bite-size pieces • 1/2 cup carrot chips, broken into bite-size pieces • pinch salt

» makes 2 1/2 cups

Tropical Treat

2/3 cup salted roasted cashews • 2/3 cup sesame sticks • 1/2 cup sliced dried mango • 1/2 cup puffed rice cereal • 1/2 cup dried wasabi peas • 2 tbsp. sliced candied ginger

» makes 3 cups

Health Nut

2/3 cup salted roasted walnuts • 2/3 cup salted roasted almonds • 1/2 cup dried blueberries • 1/2 cup dried sour cherries • 2 tbsp. hemp seeds • generous pinch of salt

» makes 2 1/3 cups



FOOD BANK OF SIOUXLAND

1313 11th Street
P.O. Box 985
Sioux City, IA 51102

Phone: 712-255-9741
Fax: 712-255-3116

E-mail: www.siouxlandfoodbank.org