

BITS and BITES

Savory Snack Mix

Ingredients:

- 6-7 cups of your favorite snacks (whole grain cereal, plain popcorn, pretzels, nuts and seeds, etc.)
- 2 Tbsp olive or canola oil
- ¼ cup Italian seasoning
- 1 Tbsp garlic powder
- 1 Tbsp onion powder

Instructions:

1. Heat oven to 325°F.
2. In a 2-gallon resealable plastic bag, mix cereals and popcorn. Drizzle with oil. Seal bag and shake. Add seasonings and shake well.
3. Pour in ungreased pan. Bake 15 minutes, stirring after 10 minutes.
4. Cool. Store in airtight container and enjoy!

USDA is an equal opportunity provider and employer.
This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP–Ed.

Simple snack mixes make healthy snacking **easy** and **fun**! Pack about a ½ cup of snack mix into single-serve snack bags for a great **grab-and-go** snack!

Short on time? You can make a snack mix without adding seasoning or baking. Just mix together a few of your favorite healthy foods.

Be creative and try any combination of ingredients like these: raisins, apricots, unsweetened coconut, dried plums, whole grain cereal, plain popcorn, pretzels, nuts, seeds, etc.



NC STATE EXTENSION

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