

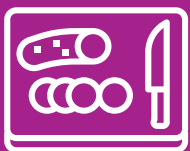


Shake a Sack Cracker Snack

4 Steps to Food Safety



Clean



Separate



Cook



Chill

Ingredients:

- 1/3 cup whole grain cheddar cheese crackers
- 1/3 cup toasted oat cereal
- 1/3 cup pretzels
- 1/2 teaspoon ranch dressing mix
- Cooking spray

Directions:

1. Wash hands with soap and water.
2. Place all ingredients in a paper sack or a sandwich-sized plastic bag.
3. Spray inside of bag with cooking spray and then add dressing mix.
4. Shake well and enjoy!

Yield: 1 serving

Nutrition Information for 1 serving: Calories 150, Total Fat 4g, Saturated Fat 1g, Cholesterol 5mg, Sodium 450mg, Total Carbohydrates 26g, Fiber 0g, Total Sugars 1g, includes 1g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 2%

For more healthy tips and recipes, go to:
Food.unl.edu

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