

## Crunchy Pumpkin & Mummy Snack

Cook Method: Mixing and mummy making!

Preparation Time: 10 min

Number of Servings: 4 min (52.9 g per serving) Weight: 211.5 g

Estimated cost per serving: \$1.00

Inspired by: USDA Recipes



Amount	Measure	Ingredient	Comments
<b>CRUNCHY PUMPKIN MIX</b>			
2.00	Tablespoons (Tbs)	Almonds, slivered	
2.00	Tbs	cranberries, Craisins, dried, sweetened	Dried fruits with DV% less than 20% are better for regulating blood sugars.
1.00	Cup	cereal, corn, Chex	Cereals with carbohydrates less than 20% DV work are better for sugar levels
1/4	Cup	pumpkin seeds, salted, roasted, kernels	Excellent source of protein and iron!
<b>MUMMY SNACK</b>			
4	each	String Cheese Light	Great source of protein and calcium (helps the bones and muscles)
1 ½	Teaspoon	Raisins (California)	



### INSTRUCTIONS for CRUNCHY PUMPKIN

Mix all the ingredients and place in individual sealable snack bags.

### INSTRUCTIONS for MUMMY SNACK

Make a Mummy using two raisins for the eyes! (See the video:

<https://youtu.be/ZfbBI0M3PwE>)

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b> 1/2 cup + 1 string cheese (53g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 480mg	21%
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 235mg	20%
Iron 3mg	15%
Potassium 52mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	