



# Tropical Fruit and Nut Snack Mix

*Great snack to have on hand when you and your family are on the go!*

**Makes 5 servings.** *¾ cup per serving.*

**Prep time:** 5 minutes **Cook time:** 20 minutes

## Ingredients

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 tablespoon butter                  | nonstick cooking spray          |
| ¼ cup honey*                         | ½ cup sliced almonds            |
| 1 teaspoon almond or coconut extract | ¾ cup dried tropical fruit bits |
| 1 teaspoon ground cinnamon           | ½ cup banana chips              |
| 2 cups old fashioned oats            | ¼ cup raisins                   |

## Preparation

1. Preheat oven to 350°F.
2. Melt butter in a medium saucepan. Add honey, almond or coconut extract, and cinnamon; mix well.
3. Stir in oats and transfer to a baking sheet coated with nonstick cooking spray. Spread into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and toss with dried fruit. Let cool completely and serve.

\* Do not give honey to children under the age of one.

**Nutrition information per serving:** Calories 384, Carbohydrate 62 g,  
Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g,  
Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg