

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

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

1/4 cup honey*

1 teaspoon almond or coconut extract

1 teaspoon ground cinnamon

2 cups old fashioned oats

nonstick cooking spray

½ cup sliced almonds

34 cup dried tropical fruit bits

½ cup banana chips

1/4 cup raisins

Preparation

- 1. Preheat oven to 350°E.
- 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.
- Remove from oven and toss with dried fruit. Let cool completely and serve.

^{*} Do not give honey to children under the age of one.