Minnesota Department of



Just for Kicks Snack Mix

Nutrients per Serving		
Calories	125 calories	
Total Fat	4.0 g	
Saturated Fat	1.3 g	
Sodium	102 mg	

Notes:

Meets USDA Smart Snacks criteria as a whole grain rich product.



Ingredients	50 Servings Measure	100 Servings Measure	Directions
Cereal, whole grain toasted corn	10 cups	20 cups	Preheat oven to 300 degrees.
Cereal, whole grain toasted rice	12 ½ cups	25 cups	Place cereal into a 2½" deep steam table pan.
Sugar, white, granulated	3/4 cups	1 ½ cups	Mix together sugar and cinnamon and set aside.
Cinnamon, ground	2 Tbsp.	4 Tbsp.	
Margarine-like, butter- margarine blend, 80% fat, stick, without salt	1 cup	2 cups	Melt margarine on the stove top.
			Pour melted margarine over cereal and stir to combine.
			Bake for 15 minutes.
			Sprinkle cereal with cinnamon- sugar mix and stir to evenly coat cereal.
			Bake for additional 10-15 minutes.
Raisins, seedless, not packed	3 ¾ cups	7 ½ cups	Stir in raisins and pour the cereal mix on parchment paper, aluminum foil or waxed paper to cool.
			Serving: ½ cup cereal mix