

Chicken Feed

A snack to take along on a hike!

Level: Easy

Serves: 10, 1/2 cup each

Kids' Tool Kit

Large mixing bowl
Measuring cups
Paper cups or bags

Chef's Choice

Chicken Feed
100% juice box

Ingredients:

- 2 cups toasted oat cereal
- 1 cup peanuts
- 1/2 cup sunflower seeds
- 1/2 cup raisins
- 1 cup small chocolate candies
(such as M&M's®)



Directions:

Remember to wash your hands!

1. Combine all ingredients in a large mixing bowl and stir gently.
2. Serve in paper cups or small bags.



Helpful Hints: Individual bowls of ingredients can be set up, and children can take one spoonful of the ones they want to eat in their cup. They may go through the line again after everyone has been through once.



Safety Tips: Don't give whole peanuts or raisins to children under age 3 or children at risk for choking. Use a variety of cereal in the mix instead.

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *Rosie's Walk* by Pat Hutchins

Nutrition Facts

Serving Size 1/2 cup (55g)
Servings Per Container 10

Amount Per Serving

Calories 270 **Calories from Fat 140**

% Daily Value*

Total Fat 15g **23%**

 Saturated Fat 4g **21%**

Cholesterol 5mg **1%**

Sodium 75mg **3%**

Total Carbohydrate 29g **10%**

 Dietary Fiber 3g **13%**

 Sugars 19g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.