

Chicken Feed

A snack to take along on a hike!

10 servings

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:

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

Nutrition Facts: One-half cup provides 270 calories, 15g total fat, 5mg cholesterol, 75mg sodium, 29g total carbohydrate

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Chicken Feed
100% juice box

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