

Cereal and Nut Snack Mix



INGREDIENTS

5 cups unsweetened Oat Cereal
(like Cheerios)
1 cup pretzels (*use GF pretzels)
½ cup natural peanut butter
1½ cup peanuts
1 cup raisins
½ cup chocolate chips



NUTRITION FACTS

16 servings
Calories: 193
Fat: 7.8 g
Sodium: 82 mg
Total Carbohydrate: 21 g
Dietary fiber: 3 g
Protein: 6 g

DIRECTIONS

1. Heat oven to 350 degrees.
2. Put cereal and pretzels in large mixing bowl.
3. Heat peanut butter in small glass dish until melted. Pour over cereal and pretzels and mix.
4. Spray 13x9 inch pan or cookie sheet with spray or line with parchment. Spread mixture into dish and bake 10 minutes, stirring after 5 minutes.
5. Stir in peanuts and allow to cool for 1 hour.
6. When cool, stir in raisins and chocolate chips. Store in airtight container and enjoy!

Chicken Veggie Meatball Sandwich



INGREDIENTS

1 lb. ground chicken breast
½ medium red bell pepper
1 medium carrot
1 cup zucchini
3 Tbsp. pesto
½ cup bread crumbs, plain
(*GF bread crumbs)
½ tsp. salt
1 Tbsp. olive oil
6 mini whole wheat sub buns
(*GF buns)
Favorite marinara sauce

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Prepare veggie mixture by chopping zucchini, carrot and bell pepper into small, fine pieces.
3. Add in the pesto, bread crumbs and salt and stir to combine.
4. Fold in the ground chicken breast into the above mixture, combining well, but not over-mixing.
5. Line a baking sheet with parchment paper, or drizzle with oil.
6. Using a 1 inch scoop or tablespoon, make small meatballs (or roll in hands).
7. Bake at 375 degrees for 10 minutes. If you want them to brown, you can finish by broiling them for 1-3 minutes under broiler. If not keep in over another 2-3 minutes or until cooked through.

MEATBALL NUTRITION FACTS

6 servings
Calories: 243
Fat: 12.7 g
Protein: 10 g
Total Carbohydrate: 10 g
Dietary fiber: 1 g