

# BITS and BITES

## Savory Snack Mix

### Ingredients

- 6-7 cups of your favorite snacks (whole grain cereal, plain popcorn, pretzels, nuts, seeds, etc.)
- 2 tbsp. olive or canola oil
- ¼ cup Italian seasoning
- 1 tbsp. garlic powder
- 1 tbsp. onion powder

Short on time? You can make a snack mix without adding seasoning or baking. Just mix together a few of your favorite healthy foods!

**Be creative** & try any combination of ingredients like raisins, apricots, unsweetened coconut, dried plums, & the ingredients above!

### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.  
This institution is an equal opportunity provider.

### Directions

1. Heat oven to 325 degrees F.
2. In a 2-gallon resealable plastic bag, mix cereals & popcorn. Drizzle with oil. Seal bag & shake. Add seasonings & shake well.
3. Pour in ungreased pan. Bake 15 minutes, stirring after 10 minutes.
4. Cool & enjoy! Store in airtight containers.

Simple snack mixes make healthy snacking **easy & fun!** Pack about a ½ cup of snack mix into single-serve snack bags for a great **grab-and-go** snack!

**NC STATE** EXTENSION

**Steps to Health**  
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

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