

BLUEBERRY SNACK MIX



A good tactic for incorporating new foods is to pair them with super familiar ones! We've paired popcorn and common cereals with blueberries, which may be new to you. Mixing textures, colors & temperatures makes eating more fun, too! Blueberries are a great source of antioxidants, vitamin C & fiber. Popcorn is a whole grain, and both cereals are made from whole grain! Make a batch and snack on it all week!



Snack Well!

Most kids can't get all their daily servings of fruits and vegetables if they aren't included with snacks! This is mainly because their stomachs are only so big! Try to incorporate a fruit & vegetable with another food group that's a good source of protein, fiber, or healthy fat! This recipe pairs fruit & grains, which is great for fiber! Add 1/4 cup of nuts or seeds to each serving for protein & heart-healthy unsaturated fats!

Ingredients

- 1 bag 94% fat-free popcorn
- 2 cups toasted oat cereal (like Cheerios)
- 2 cups lightly sweetened cereal (like Life)
- 3 cups nuts or seeds (peanuts, pumpkin, seeds, sunflower seeds, or a mixture)
- 1/2 tsp cinnamon
- 2 pint blueberries

Directions

1. Pop the popcorn according to the label instructions.
2. Add 2 cups Cheerios and 2 cups Life. Mix well.
3. If using peanuts or cinnamon, add these and mix.
4. For serving, scoop 1 cup of the mix onto a plate, into a bowl, or a bag. Add 1/4 cup (about a handful) of blueberries.
5. Enjoy!
6. The mix can keep well for about a week, as long as you wait to add the berries until right before. Kids can help portion it out into baggies or containers.

Cereal Shopper

When you have other naturally sweet ingredients, like blueberries, you can cut back on sugar in other ingredients. Cheerios have 2g sugar per cup and original Life cereal has 8g sugar per cup, compared to 12g in Honey Nut Cheerios and 11g in Cinnamon Life. Also look for at least 2g fiber per serving. Adding spices like cinnamon can trick your brain into thinking something is sweeter without adding sugar.

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