

Ranch Snack Mix—8 Servings

Did you know? Eating a protein and carbohydrate together will make you feel full longer. Nuts offer a dose of heart healthy fat and by choosing whole grain fish crackers and wheat cereal, you are boosting the fiber content a little which will help you feel fuller faster.

- 1 cup whole grain fish crackers
- 1 cup pretzels, any shape
- 1 cup Wheat Chex cereal
- 1 cup peanuts, plain
- ¼ cup dry buttermilk salad dressing mix, do not prepare
- 1 tablespoon canola oil

Combine crackers, pretzels, cereal and peanuts in a large bowl or bag. Mix together salad dressing mix and oil. Pour dressing over dry ingredients. Toss or shake well. Store in an airtight container.