

Christina's Peanut Butter GORP Snack

Yield: 4 cups (serving size: 1/2 cup)

Not all trail mixes are created equal. Typical prepackaged granola can be full of good things, but chock full of calories, oil and sugar. In this recipe are some smart substitutions that keep this snack balanced. Enjoy!

Ingredients:

- 1/3 cup creamy (non-hydrogenated oil) peanut butter
- 2 Tbs. maple syrup
- ¼ cup water
- 1 ¼ cup Kashi Go Lean cereal or Kashi Good Friends cereal
- 1 ¼ cup low salt tiny pretzels broken up (approximately 2 ounces)
- ¼ cup almond slivers
- Cooking spray
- 3 Tbs. golden raisins
- 2 Tbs. sweetened dried cranberries (such as Craisins)

Directions:

1. Preheat oven to 300°.
2. Combine peanut butter, syrup and water in a small sauce pan. Warm this mixture for approximately one minute, until hot and combined. (Alternately, you may microwave the mixture in a microwave-safe bowl on high for 30 seconds.)
3. Combine cereal, pretzel pieces and almonds in a large bowl; pour peanut butter mixture over cereal mixture, stirring to coat.
4. Spread mixture in a single layer on a jelly-roll pan coated with cooking spray. Bake at 300° for 25 minutes, stirring twice.
5. Stir in raisins and cranberries; return pan to oven. Turn oven off; cool mixture in closed oven 30 minutes. Remove from the oven and cool completely.

Using Kashi Go Lean cereal: Calories 159, Carbohydrates 21g, Fat 7.4g (Sat <1.0g,); Protein 6.2g; Fiber 3.2g; Sugar 7.7g

Recipe Courtesy of Chef Christina Dimacali,
Clean Your Plate Personal Chef Service, Philadelphia 215-545-7392