

## Nuts 'n Fruit Munch Mix



1/4 c. margarine or butter  
1/4 c. firmly packed brown sugar  
1 tsp. ground ginger  
4 c. bite size Shredded Wheat cereal  
1 c. peanuts  
1 c. dried cranberries



Preheat oven to 350° F. Place margarine and sugar in large microwavable bowl. Microwave on high 1 to 2 min. or until margarine is completely melted when stirred. Add ginger; mix well. Add cereal; toss lightly. Spread in a single layer in greased 15 x 10 x 1 baking pan. Bake 15 minutes. Remove pan from oven; stir in peanuts. Return to oven; continue baking 10 minutes. Cool completely. Add cranberries; toss lightly.

Makes 18 servings, 1/3 c. each.

Calories: 140

Sodium: 65mg

Sugars: 8 g

DV Vitamin C: 0%

Fat: 7 g (1 g sat.)

Carbohydrates: 19 g

Protein: 3 g

DV Calcium: 0%

Cholesterol: 0 mg

Fiber: 2 g

DV Vitamin A: 2%

DV Iron: 4%

Recipe taken from Food & Family, Fall 2004.