

100 Calorie Packs



Recipe 1

- 1/4 cup Multigrain Cheerios® (30 cal)
- 1 Tbsp raisins or dried apples (30 cal)
- 1/2 oz pretzel nuggets (45 cal)

Recipe 2

- 1/4 cup Multigrain Cheerios® (30 cal)
- 1/4 cup Kix® (20 cal)
- 1/2 oz (8) pretzels (50 cal)

Recipe 3

- 1/3 cup Kix® (30 cal)
- 1 Tbsp raisins or dried apples (30 cal)
- 1/3 cup Multigrain Cheerios® (40 cal)

Recipe 4

- 1/2 cup Kix® (40 cal)
- 1/8 cup (2 T) dried apples (60 cal)

