

# OATMEAL SQUARES SNACK MIX

Oatmeal Squares Snack Mix

*Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 18 (Serving= 1/3 cup serving with almonds)*

## **Nutrition (per serving)**

Calories: 127	Total Carbohydrate: 18
Total Fat: 6 g	Dietary Fiber: 2 g
Saturated Fat: 1 g	Total Sugars: 8 g
Sodium: 63 mg	Protein: 2 g

## **Ingredients**

- ¼ cup tub margarine, melted
- 2 Tablespoons Splenda® brown sugar blend
- ½ tsp cinnamon
- 4 cups Quaker® Brown Sugar Oatmeal Squares Cereal
- 1 cup slivered almonds (optional)
- 1 cup dried cranberries

## Directions

1. Preheat oven to 300 degrees Fahrenheit.
2. Mix margarine, brown sugar and cinnamon in a large bowl.
3. Add cereal, toss to coat evenly and spread on a baking sheet.
4. Bake 5 minutes.
5. Remove from oven and stir in almonds.
6. Return to oven and bake 5-10 more minutes, until lightly browned.
7. Cool completely.
8. Add cranberries and toss lightly.