

Just a handful helps control your appetite

This filling snack provides a great source of plant protein and fiber, which helps stabilize blood sugars and control your appetite.

It's great for people with diabetes because it provides only one carbohydrate exchange per serving. Plus, it's also very low in saturated fat – great for those trying to control their cholesterol and waist line. The nuts provide omega-3 fatty acids and vitamin E.



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clevelandclinic.org/nutrition

Recipe created by Digestive Disease Institute registered dietitians.

Heart Healthy Snack Mix

Makes 28 (1/4 c) servings

½ c unsalted slivered almonds

3 c whole-grain unsweetened cereal (e.g., Wheat or Multi-Bran Chex, plain Cheerios, Bran Flakes, plain Shredded Wheat, Kashi GOLEAN, All-Bran or Fiber One)

(Option: Mix cereals by using 1 cup of three different kinds or 1½ cups of two kinds.)

1 c unsalted, dry roasted soy nuts

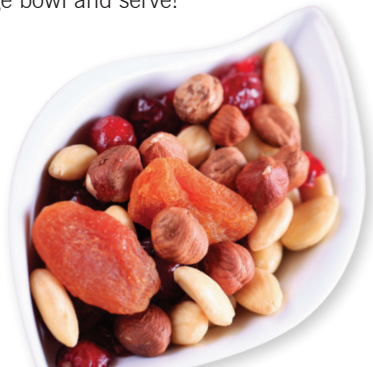
1 c unsalted, dry roasted peanuts

½ c dried cranberries

½ c seedless raisins

½ c diced dried apricots (or other unsweetened dried fruit, such as mixed berries, figs or dates)

1. Mix all ingredients together in a large bowl and serve!



NUTRITIONAL INFORMATION (PER SERVING):

Calories: 110

Protein: 5 g

Carbohydrate: 13 g

Dietary Fiber: 7 g

Total Fat: 6 g

Saturated Fat: 0.5 g

Cholesterol: 0 mg

Sodium: 35 mg