



SkinSpirit

REBALANCE

Pumpkin Seed and Cluster Snack Mix

Serves 8; serving size: about 1/3 cup per serving

Ingredients

1/2 cup salted pumpkin seeds (in shell)
1/4 cup unsalted peanuts
2 cups (about 4 oz) high-fiber cluster-style cereal
1/4 cup golden raisins, or dried cranberries
2 Tbsps mini chocolate chips

Preparation

Place a large nonstick skillet over medium-high heat until hot.

Cook the pumpkin seeds and peanuts 2 to 3 minutes or until beginning to lightly brown, stirring frequently.

Set aside on paper towel in a thin layer to cool quickly, about 5 minutes.

Combine the pumpkin seed mixture with the remaining ingredients.

Nutrition Information:

Calories: 110	Cholesterol: 0 mg
Calories from Fat: 35	Sodium: 175 mg
Total Fat: 4.0 g	Total Carbohydrate: 19 g
Saturated Fat: 1.0 g	Dietary Fiber: 5 g
Polyunsaturated Fat:	Sugars: 6 g
Monounsaturated Fat:	Protein: 3 g

Source: American Diabetes Association website

RebalanceWeightLoss.com

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