

## SWEET SNACK MIX

### Ingredients

- 1 c. raisins
- ½ c. chopped dried apricots
- ½ c. unsweetened dried apple pieces
- 1 c. bran cereal flakes or sticks, like Fiber One
- 1 c. multi-grain Cheerios or Kashi Heart to Heart cereal
- ¼ c. walnut pieces, chopped

### Directions

In a medium bowl, mix together all ingredients. Place 1/2 cup servings into small zipper-top plastic bags.

Yields: 8  
Calories: 160  
Fat: 3 g  
Protein: 3 g



## CHEESY ROASTED CHICKPEAS

### Ingredients

- 1 (15 oz) can chickpeas (aka garbanzo beans), drained and rinsed
- 1 Tbsp. canola oil
- 2 tsp nutritional yeast flakes (NOT brewer's yeast)
- ½ tsp. salt or to taste
- Parchment paper



### Directions

Preheat the oven to 400-degrees. Line a baking sheet with parchment paper. Toss the chickpeas in a medium bowl with the oil, nutritional yeast and salt. Spread in a single layer on the baking sheet. Roast for 20-30 minutes, stirring occasionally, until golden and slightly crispy. Once cooled, store in an airtight container. For variation, season chickpeas with 1/2 tsp each cumin, coriander and/or chili powder.

Yields: 3 servings  
Calories: 185  
Fat: 6 g  
Protein: 6 g

## RECIPES



*For eating well  
after bariatric  
surgery*

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