

Good Ole Raisins and Peanuts

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GOOD OLE RAISINS AND PEANUTS

Servings: 4

1 cup peanuts

1 cup raisins

Mix together.

Store in small, to-go snack bags.

Nutrition information per serving: 255 calories; 15 g total fat; 100 mg sodium; 27 g carbohydrates; 5 g dietary fiber; 9 g protein.

Protein Power

Choose nuts. Choose nuts or seeds for snacks to keep you full between meals. Try nut butters like peanut butter with fruit.

Shop Smart to Save

To keep yourself organized, only save coupons you know you will use.

SIMPLE PERO SABROSAS, PASAS Y CACAHUATES

Porciones: 4

Cacahuates

Pasas

Mezclar los ingredientes juntos.

Guarde en bolsas pequeñas para llevar.

Información nutricional por porción: 255 calorías, 15 g grasa total, 100 mg sodio, 27 g carbohidratos, 5 g fibra dietética, 9 g proteína.



Poder de las proteínas

Elija nueces. Escoja nueces o semillas para sus bocadillos para mantenerse lleno entre comidas. Pruebe las cremas de nueces como la crema de cacahuate con fruta.

Compre inteligentemente para ahorrar

Para mantenerse organizado, solo guarde los cupones que sabe que va a usar.



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SP 833 10/21 Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment. The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) offers both the Tennessee Nutrition and Consumer Education Programs (TNCEP) and the Expanded Food and Nutrition Education Programs (EFNEP). Through TNCEP, UT Extension FCS provides nutrition education and chronic disease prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). TNCEP is funded by the Department of Human Services (DHS) and the United States Department of Agriculture (USDA). EFNEP is a peer-to-peer intensive direct education program using a hands on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity. EFNEP is funded by the United States Department of Agriculture (USDA) and by the Institute of Food and Agriculture (NIFA).