

GORP (recipe from eatingwell.com)

Makes 2 servings

Ingredients

1/2 ounce whole shelled (unpeeled) almonds
1/4 ounce unsalted dry-roasted peanuts
1/4 ounce dried cranberries
1 tablespoon chopped pitted dates
1 1/2 teaspoons chocolate chips

Preparation

1. Combine almonds, peanuts, cranberries, dates and chocolate chips in a small bowl.

Nutrition Per serving:

102 calories
6 g fat
11 g carbohydrate
3 g protein
2 g fiber
29 mg sodium

Nutrition Bonus: Potassium, magnesium, fiber, vitamins E and C.