

JANUARY

Happy New Year! For many folks, the change to a new calendar means it's time to plan a **resolution** or two. Remember, be realistic, tell others about your resolution (and ask them to help hold you **accountable**), and keep a record of your **progress**. Oh, and don't forget to celebrate your **successes**, too! Those simple steps—plus the tips in this month's newsletter—will help you succeed.



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Make One Change for the Better

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Almond Snack Mix

Serves 4; ½ cup per serving

Ingredients

- ½ cup whole unsalted almonds
- ¾ cup multigrain or whole-grain cereal squares
- ½ cup low-fat granola cereal without raisins
- ¼ cup dried apricot halves, cut into strips, or golden raisins
- ¼ cup sweetened dried cranberries

Directions

1. Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
2. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Cook's Tip: If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

