**Recipe 1**
\[
\frac{1}{4} \text{ cup Multigrain Cheerios® (30 cals)} \\
1 \text{ Tbsp raisins or dried apples (30 cals)} \\
\frac{1}{2} \text{ oz pretzel nuggets (45 cals)}
\]

**Recipe 2**
\[
\frac{1}{4} \text{ cup Multigrain Cheerios® (30 cals)} \\
\frac{1}{4} \text{ cup Kix® (20 cals)} \\
\frac{1}{2} \text{ oz (8) pretzels (50 cals)}
\]

**Recipe 3**
\[
\frac{1}{3} \text{ cup Kix® (30 cals)} \\
1 \text{ Tbsp raisins or dried apples (30 cals)} \\
\frac{1}{3} \text{ cup Multigrain Cheerios® (40 cals)}
\]

**Recipe 4**
\[
\frac{1}{2} \text{ cup Kix® (40 cals)} \\
\frac{1}{8} \text{ cup (2 T) dried apples (60 cals)}
\]