

Trail Mix

Ingredients (makes 20 servings, serving size: 1/2 cup)

- 2 cups Pretzels
- 2 cups Popcorn
- 2 cups Each of two different whole grain cereals (Frosted Mini Wheats, Quaker Oatmeal Squares, Cheerios or any whole grain cereals you like)
- 1 cup Sunflower seeds, peanuts or nuts of your choice (optional)
- 1 cup Dried cranberries (craisins) or raisins (optional)

Directions

1. Mix all ingredients in a large bowl. Note: Add craisins and nuts just before serving to retain freshness.
2. Store leftovers in an airtight container.

Nutrition Information - Per serving (prepared with Cheerios, Oatmeal Squares, sunflower seed, craisins)

Calories	79	Total Sugars	1.1g	Sodium	172mg
Protein	2.2g	Total Fat	1.8g	Cholesterol	0mg
Carbohydrate	13.9g	Saturated Fat	.2g	Fiber	1.3g



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