



Trail Mix

Servings 6 | Prep time 5 mins. | Total time 5 mins.

Equipment:

Large bowl
Serving dish/airtight container

Utensils:

Measuring cups

Ingredients

3 cups cereal (oat circles, corn squares)
½ cup nuts (almonds, pecans, walnuts, etc.)
½ cup dried fruit (raisins, reduced sugar dried cranberries, banana chips, etc.)
½ cup small pretzels
½ cup chocolate chips

Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Mix all ingredients together and store in airtight container.

Nutritional Information:

Calories 270 Total Fat 12g Sodium 210mg Total Carbs 42g Protein 6g