



# Trail Mix

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

## Equipment:

Large bowl  
Serving dish/airtight container

## Utensils:

Measuring cups

## Instructions

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

## Ingredients

3 cups whole grain (such as oat circles, corn squares) cereal  
1/2 cup unsalted nuts (almonds, pecans, walnuts, etc.)  
1/2 cup dried fruit (raisins, reduced sugar dried cranberries, banana chips, etc.)  
1/2 cup small pretzels  
1/2 cup chocolate chips

## Nutritional Information:

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