



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