

TRAIL MIX

PREP TIME: 5 min

COOK TIME: N/A

SERVINGS: 4

SERVING SIZE: 1/2 cup



INGREDIENTS

- Nuts (almonds, cashews, peanuts, walnuts)
- Whole grain cereals (Examples: Cheerios, Frosted Mini-Wheats, Wheat Chex, Quaker Oatmeal Squares)
- Dried cranberries or raisins
- Mini chocolate chips
- Sunflower seeds or pumpkin seeds

DIRECTIONS

1. Mix your choice of ingredients together in a small bowl.
2. Enjoy!



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