

# Trail Mix

**PREP TIME: 5 min**  
**Makes 6-7 cups**

## INGREDIENTS

- 2 cups whole grain cereals (Examples: Cheerios, Wheat Chex, Kix, Oatmeal Squares)
- 1 cup nuts (such as almonds, cashews, peanuts, walnuts)
- 1 cup dried raisins or cranberries or a mixture
- 2 cups popcorn or 1 cup mini pretzels or both

### Optional Add-ins

- 1/2 cup mini chocolate chips or M&M's
- 1/2 cup sunflower seeds or pumpkin seeds or both

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Mix your choice of ingredients together in a large bowl.
2. Store at room temperature in an air-tight container.
3. Enjoy!

