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 X Wash your hands with soap and water.

Start with clean hands!

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

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