“Hitting the Trails” Mix
Makes 8 – 1/3 cup servings

Ingredients:
- ¼ cup roasted unsalted almonds
- ¼ cup roasted unsalted peanuts
- ¼ cup raisins
- 2 ¼ cup toasted oat cereal

Directions:
1. Add almonds, peanuts, raisins and cereal in a large mixing bowl.
2. Stir to combine evenly.
3. Measure out portions into 8 single serving zip-top bags or air-tight containers.

Source:
Finding A Balance curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences