Healthy Trail Mix
Makes 12 servings

Ingredients:
- 2 cups low sugar, whole grain cereal
- 1 cup raisins or dried cranberries
- 1 cup nuts (example: walnuts or almonds)
- 1 cup sunflower seeds or pumpkin seeds
- 1 cup dark chocolate chips

Directions:
1. In a large bowl, mix together the cereal, raisins or cranberries, nuts, sunflower or pumpkin seeds and chocolate chips.
2. Store individual 1/2 cup serving sizes in resealable bags or one-serving size reusable containers.

Source: Healthy Cents curriculum from the University of Maryland

Nutrition Facts
12 servings per container
Serving size 1/2 cup (58g)
Amount per serving
Calories 280
% Daily Value* 
Total Fat 18g 23%
Saturated Fat 5g 25%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 10mg 0%
Total Carbohydrate 28g 10%
Dietary Fiber 2g 7%
Total Sugars 21g
Includes 0g Added Sugars 0%
Protein 5g

Vitamin D 0mcg 0%
Calcium 27mg 2%
Iron 2mg 10%
Potassium 230mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

58% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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