

SPEND SMART. EAT SMART.®

Take-Along Trail Mix

Serves: 16 Cost/Serving: \$0.25 Serving Size: 1/2 cup

INGREDIENTS

- 2 cups unsweetened cereal (such as Cheerios®, Wheat Chex®, Fiber One®, Cracklin' Oat Bran®, or All Bran®)
- 2 cups sweetened cereal (such as Honey Nut Cheerios®, Frosted Mini-Wheats®, or Life®)
- 2 cups small pretzel twists
- 1 cup dried fruit (raisins, dried cranberries, dried apricots, or pineapple)(chopped into small pieces)
- 1 cup peanuts

INSTRUCTIONS

- 1 Wash hands.
- 2 Mix together all ingredients in a large bowl.
- 3 Store in an airtight container in cupboard for about 1 week, or in freezer for several weeks.

TIPS

Dried fruits and nuts are a choking hazard for young children. Make trail mix without dried fruit or nuts for children under the age of 3 to reduce the risk of choking.

Measure 1/2 cup amounts into snack size plastic bags so they're ready to grab and go.

Nutrition Facts

16 Servings Per Recipe

Serving Size: 1/2 cup

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrates 24g 8%

Dietary Fiber 3g 12%

Total Sugars 10g

Added Sugars NA*

Protein 4g

Vitamin D 0.4mcg 2%

Calcium 43mg 3%

Iron 4mg 22%

Potassium 54mg 1%

* The % Daily Value (DV) 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.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar Information is not currently available for the recipe. We will be updating the information shortly.

Plan: Know What's for Dinner

MEALS TO REMEMBER

Sometimes the hardest part about fixing dinner is deciding what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

MAIN DISH

(chicken, beef, pork, fish, pasta, beans, tofu, etc.)

SIDE DISHES

(salad, vegetables, fruit, potatoes, rice, etc.)

Plan your dinners for the week. It will help with shopping and save time.

WHAT'S FOR DINNER?

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____
