



April 18- Take-along Trail Mix

Not Smart Snack

Link: <http://www.extension.iastate.edu/foodsavings/recipes/take-along-trail-mix>

Recipe

Ingredients:

- 2 cups unsweetened cereal (such as Cheerios, Wheat Chex, Fiber One, Oat Bran)
- 2 cups sweetened cereal (such as Honey Nut Cheerios, Frosted Mini-Wheats)
- 2 cups small pretzel twists
- 1 cup dried fruit
- 1 cup peanuts

Directions:

1. Wash hands.
2. Mix together all ingredients in a large bowl.
3. Store in an airtight container in cupboard for about 12 week, or in freezer for several weeks.

Yield 16 servings

Nutrition Facts

Serving Size 1/2 cup (30.85g)
Servings Per Container 16

Amount Per Serving

Calories 140 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **10%**

Sugars 8g

Protein 4g **8%**

Vitamin A 4% • Vitamin C 4%

Calcium 4% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.