



August 10- High Energy Trail Mix

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=7686>

Recipe

Ingredients:

- 3 cups multi-grain Cheerio cereal
- 1 $\frac{3}{4}$ cup pretzels
- 1 cup raisins
- 1 cup honey roasted peanuts
- 1 cup semisweet chocolate chips
- $\frac{1}{2}$ cup sunflower seeds

Directions:

1. Mix all ingredients. Store in airtight container.

Yield 17 servings

Nutrition Facts

Serving Size 1/2 cup (36g)
Servings Per Container 17

Amount Per Serving

Calories 180 **Calories from Fat** 80

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 13g

Protein 3g **7%**

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 15%

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