



September 29- Trail Treat

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/trail-treat>

Recipe

Ingredients:

Choose two of-

- 1 cup pretzels
- 1 cup square corn, rice or wheat cereal
- 1 cup round oat cereal
- 1 cup popcorn 1 cup goldfish crackers

Choose two of-

- ¼ cup raisins
- ¼ cup cranberries
- ¼ cup banana chips
- ¼ cup dried pineapple
- ¼ cup peanuts
- ¼ cup soy nuts

Directions:

1. Wash hands; get out utensils.
2. Choose the ingredients you want to use.
3. Measure the suggested amounts of chosen ingredients and add to mixing bowl.
4. Mix ingredients using stirring spoon and divide evenly into 4 storage bags.
5. Enjoy your Trail Treat.

Yield 4 servings

Nutrition Facts

Serving Size 1/4 recipe (46.3g)
Servings Per Container 4

Amount Per Serving

Calories 170 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 38g **13%**

Dietary Fiber 3g **12%**

Sugars 16g

Protein 2g **5%**

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 35%

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