

Tasty Trail Mix

What you need:

- 2 cups Cheerios or Kix cereal
- 1/2 cup raisins
- 1/2 cup peanuts, walnuts, sunflower seeds, almonds, or soynuts
- 1/4 cup shredded coconut
- 1/2 cup mini pretzels



(over for directions, nutritional information)

Tasty Trail Mix (continued)

How to make:

Simply mix all ingredients together to make about 4 cups total. Store in an airtight container. Makes a tasty, healthy and easy 'take along' snack.

Approximate and average Nutrition Information:

Serving Size:	1/2 cup
Calories:	120 calories
Fat:	5 gm.
Carbohydrate:	15 gm.
Fiber:	4 gm.
Protein:	3 gm.
Sodium:	130 mg



Recipe courtesy of Lifetime Health Medical Group