



Trail Mix

Source: *Arkansas Foods Recipe Calendar 2018* | **Yield:** 10 (½ cup) servings; 203 Calories per serving.
Total fat 10g; Protein 5g; Total carbohydrate 28g; Dietary fat 4g, Sodium 107mg

INGREDIENTS:

- 1 ½ cup whole-grain wheat square cereal
- 1 ½ cups whole-grain oat circle cereal
- ½ up nuts (unsalted almonds, walnuts, or pecans)
- ½ cup dried fruit (raisins, cranberries, apricots, plums)
- ½ cup seeds (unsalted sunflower kernels or pepitas)
- ½ cup small pretzels
- ½ cup chocolate chips (optional)

DIRECTIONS:

1. Mix all ingredients together in a large bowl.
2. Store in an airtight container or resealable plastic bag.