

Tasty Trail Mix

What you need:

- 2 cups Cheerios or Kix cereal
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 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:

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|---------------|--------------|
| 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