

Friends Trail Mix

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Multi-grain Chex®	1-1/2 cups	3 cups	6 cups	12 cups
Cheerios®	1-1/2 cups	3 cups	6 cups	12 cups
Raisins (optional)	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Apricots, dried, chopped (optional)	3 Tbsp	1/3 cup	2/3 cup	1-1/3 cups
Kix®	1-1/2 cups	3 cups	6 cups	12 cups
Finely chopped almonds, walnuts or pistachio nuts (optional)	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Soy nuts (only 6 years and older, optional)	1-1/3 cups	2-2/3 cups	5-1/3 cups	10-2/3 cups
Pretzels (only 5 years and older)	1-1/3 cups	2-2/3 cups	5-1/3 cups	10-2/3 cups

Directions:

1. Toss cereal, dried fruit and chopped nuts together.
2. Serve in resealable bags or plastic cups.

Food For Thought Trail mix is a fun way to get kids involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it!

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

Nutrition Facts

Serving size: 1/2 cup (29g)
Servings Per Recipe: 32

Amount Per Serving

Calories 95	Cal. from Fat 6
% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 139mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	10%
Sugars 8g	
Protein 2g	
Vitamin A 8%	Vitamin C 4%
Calcium 8%	Iron 35%