



Trail Mix

Ingredients:

- 15 oz Multigrain Cheerios
- 10 oz Roasted Almonds
- 16 oz Dry Roasted Peanuts
- 10 oz Ocean Spray Craisins
- 12 oz Dark Chocolate chips



Mixing Instructions:

1. Combine all ingredients into a mixing bowl.
2. Mix well.
3. Measure out 1 cup of trail mix and put into a snack size Ziplock bag.

Nutrition Facts: Serving Size = 3/4 cup Servings per contain = about 35

Calories: 241 Total Fat: 14 g Cholesterol: 0 mg Sodium: 88 mg

Total Carbohydrate: 27 g Dietary Fiber: 4 g Protein: 7 g