

# Sweet & Salty Trail Mix

**Makes:** 10 Servings

Add some variety to your snack time with this blend of crunchy corn and oat cereals and plump raisins. Trail mix can be taken along wherever you go as a quick and easy snack.

## Ingredients

- 1 1/2 cups** oat circles cereal
- 1 1/2 cups** corn squares cereal
- 1/2 cup** whole almonds (chopped)
- 1/2 cup** raisins
- 1/2 cup** small pretzels
- 1/2 cup** chocolate chips

## Directions

1. Mix all ingredients in a large bowl.
2. Store in an airtight container or re-sealable plastic bag.

## Notes

Tip: Trail mix can be eaten as a quick and easy snack. Or, try spooning some of the trail mix into your favorite yogurt as a light meal or easy breakfast.

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>50</b>	
Total Fat	5 g	
Protein	3 g	
Carbohydrates	22 g	
Dietary Fiber	1 g	
Saturated Fat	2 g	
Sodium	90 mg	